

MICHAEL J. LEE, M.D.

SPECIALIZING IN THE ART OF REFINEMENT AND REJUVENATION

676 N St.Clair, Suite 2010
Chicago, IL 60611

T: (312) 926-5800
www.michaeljleemd.com

POSTOPERATIVE INSTRUCTIONS EYELID SURGERY

WHAT TO EXPECT

Swelling and bruising are highly variable. Some people have very minimal bruising that is gone within a few days. On average, most swelling and bruising is acceptable at one week. Some people have some residual swelling in the lower eyelids for two weeks.

Contact wearers and those people with dry eyes may have some worsening of dry eyes that can be improved with eye drops and lubricant.

Browlifts sometimes cause headaches for the first or second day. Numbness of the center portion of the scalp can occur and is temporary.

CARE OF INCISION

If you had eyelid surgery alone, you can gently clean off any residual blood or ointment with soap and water the day after surgery.

For the upper or lower eyelid incision, place a thin layer of lacrilube ointment (it will be prescribed for you), a few times a day.

For the lower eyelid, if the incision is inside the eyelid, then there is nothing that needs to be done.

MEDICATIONS

NORCO 5/325 one to two tablets every four to six hours as needed for pain. Do not exceed 4 grams of acetaminophen in a twenty-four hour period.

DO NOT TAKE PAIN MEDICATION ON AN EMPTY STOMACH BECAUSE IT WILL CAUSE NAUSEA AND VOMITING. TRY CRACKERS, BREAD OR YOGURT IF POSSIBLE.

If you are allergic to codeine, DARVOCET or DARVON can be prescribed.

Avoid Motrin, ibuprofen, Aleve, aspirin or other anti-inflammatory medication for THREE DAYS after surgery.

Saline eyedrops can be helpful. If you have symptoms of dry eyes or wear contacts, use saline eyedrops every 4-6 hours.

Constipation can be a problem if taking pain medication. Start stool softeners as needed. COLACE will be prescribed.

If the pain medication is not adequate, call the office at (312) 926-5800 and we can increase the dosage.

ACTIVITY

You should rest the day of your surgery. You can ambulate as needed to do basic activities but **refrain from long periods of walking or exercise.** You must keep your head elevated at all times. If you are lying in bed, use two pillows to elevate the head.

Icepacks or frozen peas are placed on the eyes for thirty minutes on and then thirty minutes off for most of the day. If you are sleeping at night, make sure the head is elevated on two pillows. The cold compresses are used for three days.

ONE WEEK: You can increase your level of activity but no exercising. You may also begin wearing make up on the eyes. If you do not have any visible incisions, you can use make up at any time.

TWO WEEKS: You can start exercising and there are no restrictions on activity.

You can drive when you are off any pain medications.

THINGS TO CALL FOR:

If your level of pain is not adequately controlled, call the office. If the call is after hours, call the hospital operator and asked the operator to page me.

If you develop fever or any unusual symptoms, call the office.