

# POST OPERATIVE INSTRUCTIONS

Dr. Hobar

## Eyelid Surgery

### Dressing and Incision

1. Cleanse twice daily with peroxide diluted to ½ strength with water using a Q-tip, and then apply a thin layer of Bacitracin Ointment (prescription), also with a Q-tip. Stop this cleaning regimen after 5 days.
2. It is ok to shower the day after surgery.
3. Wear the swiss eye gels provided by the surgery center day and night for 48 hrs. to minimize swelling

### EYE CARE

1. DO NOT RUB YOUR EYES
2. Bruising, redness and swelling is normal. It may reach its peak at 48-72 hrs, then will dissipate with time
3. Your eyes may not close completely for several days due to swelling – **use lubricant!** Use Celluvisc drops during the day and Lacri-Lube (RefreshPM) at night.
4. DO NOT sit or sleep under a ceiling fans or air-conditioner as this causes dryness
5. Sutures will be removed from eyelids after 5 days. Eyelid crease sutures are self dissolvable

### Activity

1. Rest with your head and shoulders elevated on 2 pillows for the first 2 days post op
2. You may wear make-up as long as it does not interfere with your suture lines. Eye shadow may be worn at 1 week and mascara may be worn at 2 weeks
3. Contacts may be worn after all swelling is gone
4. Gradually resume normal activity.
5. Drive when off pain meds for 24 hours.
6. Avoid sunlight to incision for 12 months. Use UVA and UVB protection

### Meds

1. Apply Tobradex drops after breakfast and dinner-**STOP AFTER 5 DAYS**
2. Use Celluvisc drops during the day **YOU MUST LUBRICATE YOUR EYES**
3. Use Lacrilube, Refresh PM at bedtime to prevent drying and pain
4. Use prescribed pain med. only when you have pain. Take with food.
5. DO NOT mix with alcohol
6. DO NOT use aspirin or Advil
7. Drink 8 glasses water/day to prevent constipation due to meds and anesthesia

**No Smoking** for 30 days. Even second hand smoke will close capillaries, which provide essential blood supply to wounds for healing.

**Post OP Appts.** day 5 incisions assessed, eyelid suture removed  
day 5-7 Post op exam by Dr. Hobar

### Warning signs

**call: 972-566-7300**

1. Shortness of breath
2. Rapid swelling that is more pronounced on one side and is not relieved by pain meds.
3. Pain that is not resolved with medication
4. Temp. above 101.f
5. Excessive bleeding or drainage
6. Injury to your incision sites
7. Nausea, vomiting, diarrhea
8. No bowel movement in 2 days after surgery and after trying a stool softener, or any trouble urinating