SARAH AVILA MD
OCULOFACIAL PLASTIC SURGERY

Post-Operative Instructions for Lower Eyelid Surgery

A responsible adult must stay with you for 24 hours after surgery to help you recover safely.

Cold compresses

- **If you did not have fat grafting: F**or the first 48 hours, apply a cold compress for 20 minutes each hour while awake. You do not need to wake up overnight to apply compresses. One option is to place a clean washcloth in a basin of ice water. Do not place ice directly on your skin, as it can cause an injury.
- **If you had fat grafting:** Do not apply ice to grafted areas. A cool compress may be used if directed by Dr. Avila.
- From days 3–7, apply a cold compress for 10 minutes, 3–4 times daily.

Medications

- **Neomycin/Polymyxin B/Dexamethasone (Maxitrol) Eye Drops:** Use 1 drop in each eye 3 times daily until your follow-up appointment, as directed.
- **Methylprednisone (Medrol) Dose Pack:** Start the day after surgery and follow the instructions in the package.
- **Pain relief:** Use your prescribed pain medication as directed. If using Tylenol (acetaminophen), follow the package or your clinician's instructions. Check other medications for acetaminophen so you do not accidentally take it in more than one product. Avoid aspirin or aspirin-containing products for 10 days after surgery unless your doctor has instructed you to take them.
- **Artificial tears:** Use as often as needed for dryness or to help clear temporary blurring from ointment. You may keep them in the refrigerator for a cooling sensation. If using more than one type of eye drop, wait 5 minutes between drops.
- **Glaucoma drops:** If you use glaucoma drops or any other medical eye drops, continue.
- **Other procedures or medications:** You may receive additional instructions or prescriptions based on your procedure. Follow the directions provided by our surgical coordinator.

Incision and Eye Care

- Under-eye bandage (if applicable): Leave the dressing in place until your post-operative appointment. Do not pull, pick at, or adjust it.
- It is okay to shower and get your eyes and stitches wet. Pat your face dry; do not rub your eyes or pick at your stitches.
- Avoid eye makeup and creams around the eyes for 2 weeks unless you are told otherwise.
- Keep your head elevated, including while sleeping. Use several pillows or sleep in a recliner. A dark towel or pillowcase may help protect your linens from ointment or drainage.
- Sleep in the eye mask provided.
- Wear the sunglasses provided when outdoors for comfort and protection.
- If you wear contact lenses, use glasses until you are cleared to resume contact lens wear.

- It is normal to feel the eyes irritated or dry, use artificial tears as needed.

Activity and driving

- Avoid strenuous activity and excessive sun exposure for 10 days.
- Do not drive for at least 24 hours after surgery or while taking medication that may make you drowsy. After that, drive only when your vision is clear and you feel able to do so safely.

What to expect

- A small amount of blood-tinged tears can be normal. Gently pat them dry with clean tissue or gauze.
- Swelling and bruising of the eyelids are expected. Bruising or swelling may also extend to the cheeks or lower face and can take several weeks to improve. Temporary eye dryness is also common; use artificial tears as needed.

Additional instructions for specific procedures

- **Fat grafting:** Fat is usually harvested through a small incision on your abdomen or thigh. The site has dissolvable stitches and a dressing. Leave the dressing in place until your follow-up appointment. No additional care is needed unless you are given different instructions. No special compression garments are needed. You may ice these areas for comfort.
- **Laser resurfacing:** Follow the separate laser after-care instructions and use the creams provided.

Contact the office immediately if you have:

- **Heavy bleeding, rapidly increasing swelling, or difficulty opening your eyes**
- **Sudden vision loss or double vision**
- **Pain or yellow or green discharge from your incision**
- **Fever, chills, or a rash**
- **An incision that opens**

For questions or concerns, call (305) 317-6448. If you have an urgent problem and the clinic does not answer, call Dr. Avila at (561) 901-7303.

For a medical emergency, call 911.