

Post-operative Instructions for Itching

1. Avoid dust, dirt and animal danders: no dusting, vacuuming, working in yard or garage, cleaning closets or files, sleeping with pets, etc.
2. Take benedryl 50 mg at bedtime (over-the-counter med)
3. During the day apply vinegar water gauze to eyelids
4. You can remove your steristrips post-op day 3 and start using eye wipes (Systane or other brand) twice daily
5. If itching severe can add pred forte drops ON the eyelid incision four times a day or take oral prednisone (20 mg each morning for five days). Both require prescription.
6. Do sleep in an eye shield or mask to avoid rubbing and breaking your sutures

How to Create Vinegar Water

1. Add four tablespoons of distilled white vinegar to four cups of distilled water to a clean bowl or Tupperware
2. Add sterile gauze
3. Put in vinegar water in the refrigerator and cover with plastic wrap or Tupperware lid
4. Wring out two gauze and lay on eyelids for 15-20 minutes at least four times a day

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