



Eyelid Surgery Pre-operative Instructions

Do not take any aspirin, aspirin containing medicines or anti-inflammatory medications for two weeks prior to surgery (including Motrin, Naprosyn and Celebrex). These drugs cause bleeding that may result in blindness. Only Tylenol is okay.

Do not use Vitamin E or C supplements or any other herbal remedies for two weeks prior to surgery.

Do not eat or drink anything after midnight on the evening before surgery.

Do not wear eye make-up on the morning of surgery.

During the first 24 hours following surgery you will need to apply ice to your eyelids at least 20 minutes/hour while awake. Purchase two 16-ounce bags of frozen peas or corn to use rather than ice cubes.

You will be bruised and swollen for at least 10 days post-operatively, so plan your social and professional schedule accordingly.

Eyelid Surgery Post-Operative Instructions

For two weeks after surgery: do not lift any item over 5 pounds, bend or stoop. Limit exercise to walking. Weight lifting, running or other aerobic activities may result in bleeding. Avoid sexual relations.

Continue to avoid aspirin and aspirin containing products for one week after surgery. Use Tylenol for pain control. Tylenol, in combination with ice, should relieve your discomfort.

Apply ice to your eyelids for at least 20 minutes of every waking hour during the first 24 hours post-operatively.

You will be bruised and swollen for at least 5 days post-operatively. Using ice and avoiding activity will minimize bruising and swelling.

Apply antibiotic ointment (erythromycin) to the sutures on your eyelids twice a day for 7 days post-operatively.

The sutures will be removed at one week.

Use ointment once a day for three days after the sutures are removed.

WARNING SIGNS (Call immediately (650) 559-9150) Increasing redness, pain or swelling, Bleeding or severe pain and change in your vision