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## UPPER/LOWER EYELID POST OP INSTRUCTIONS

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### PRE-SURGERY

- Do not take any aspirin, blood thinners, anti-inflammatory compounds or herbal medication for 2 weeks before and 2 weeks after your surgery (unless discussed with Dr Gittos)
- Do not smoke for 12 weeks prior to surgery as smoking increases the risk of complications significantly
- Wash the eye area the evening prior to surgery to reduce the bacteria on your skin

### GOING HOME

- Ensure you have your scripts and medications with you
- Organise a friend or family member to pick you up from the hospital and stay with you for the first 24 hours
- Organise where you are going to sleep at home (bed/recliner), prepare a pillow for each side of your body. It is best to sleep inclined at a 30 degree angle from the head up
- Arrange to have light meals post-surgery as anaesthetics can cause nausea
- Drink lots of water post-surgery
- Bring some comfortable loose clothing with you to the hospital
- Prepare gauzes to create compresses, you will also require ice cubes to be placed in a bowl of water

### MEDICATION

- At the hospital you will be given a script and instructions for pain management by the anaesthetist
- You also may or may not be given antibiotics by the anaesthetist to be taken over the next 5 days (take as per the instructions)
- You may take Panadol (Paracetamol) every 4-6 hours
- Only take medication that is prescribed
- Constipation is very common due to the pain medication and anaesthesia. Please use an over the counter or any laxative that has worked for you in the past. You may start taking something 2-3 days post-surgery

### WHAT TO EXPECT

- It is normal for the eyelids to become red and swollen with bruising
- Swelling usually reaches its maximum from the morning after surgery and over the following 2-3 days
- Bruising may persist for several days and this may take 2-3 weeks to settle down
- Your eyes may feel sensitive to light and your vision may blur for 7-10 days due to swelling – this is normal
- You may have dry eyes, this is normal and subsides. You may use artificial tears or eye drops to comfort the eye area
- You will have sutures which will be removed at your 2 week post-operative appointment

### INCISION/WOUND CARE

- You will wake up after surgery with waterproof dressings
- Incisions will be taped and please leave these in place until they fall off themselves or need to be changed. You can expect some leakage onto the tapes
- Bleeding – if you bleed from one of the suture lines, apply gentle pressure with gauze for 10 minutes
- Do not use cleanser on the area, you may use cold boiled water and cotton buds if you have dried blood in the area
- Bathing/Showering – take care when washing your hair and face
- Topical products – ensure not to get any product on the eyelids such as makeup, sunscreen or moisturiser until you have seen Dr Gittos

## ACTIVITIES

- **The first 48 hours:** You should relax at home ensure that you have an adult with you that can help during this time
- Sleeping: Sleep on your back with your head and back supported on 2-3 pillows for the first 2 weeks and a pillow on each side
- You may sleep on your side (with a pillow to prevent you from moving) from week 3
- Walking: We encourage you to start walking around at home to start with as soon as possible to minimise the risk of blood clots
- Avoid: Bending, lifting or straining of any kind 14 days post-surgery
- Normal activities: Ease back into normal activities – most women can return to work after 7 days – depending on your type of work
- Driving: You can drive after 14 days provided you are no longer taking strong pain medications
- Smoking: You must not smoke
- Lifting: No heavy lifting for 12 weeks
- Swimming: No ocean or pool water for 8 weeks post-surgery or until the incision is fully healed
- Sun exposure: No sun exposure to the incision for at least 1 year. Use a sunscreen with SPF30 or greater to help decrease visibility of the scar
- Exercise: Do not do any aerobic or jumping, running or weights for at least 4-6 weeks to avoid excessive swelling or bleeding
- Reading: reading and computer work will feel uncomfortable but is not harmful to your surgical procedure

## LOWER EYE LIDS

- You may only watch TV looking upwards mildly
- You may be given massage exercise to start 10 days post op
- Reading is okay while using a lectern - directly in front of you only

## POST SURGERY APPOINTMENTS

- You will need to see Dr Gittos or his nurse in his rooms 1 week after surgery to have your dressings changed and check the progression of healing
- Please make this appointment when confirming your surgery date with Petrina or Ita on 529 5352

## WHEN TO CALL US

If you experience any of the following symptoms you should contact us promptly;

- Constant severe pain not relieved by medication
- Constant Bleeding or constant oozing from the wounds
- Fever exceeding 38 degrees Celsius
- Any change in vision