

Surgery Center of Pinehurst Home Instructions following Eyelid Surgery

AFTER EYELID SURGERY:

- If there is a patch over the eye, you can take it off the next morning. If the child pulls the patch off earlier, start using a cold compress over the eye. You do not have to start using the antibiotic ointment or drops until after the patch comes off. There may be some bleeding for the first 3 days.
- If you are prescribed an antibiotic ointment, use it 4 times a day for 14 days on the incision site. If you are prescribed an antibiotic drop, use it 3-4 times a day for 5-7 days.
- Start giving Tylenol when you get home and continue for the first 2 days (follow the directions on the bottle). It is often more effective to begin giving pain-relieving medication before the pain starts than after the pain has begun.
- There may be some bleeding for the first 3 days. Gently wipe away with a clean tissue. There may be bruising (a black eye) for at least 2 weeks. Sometimes the white part of the eye will be look red for 2 weeks as well.
- For older children, have them sleep on 2 pillows or in a recliner to keep the head up for the first few days. Try not to sleep on the operated side (difficult for younger children).
- The eyelid may not close all the way (especially while sleeping) for the first 2 weeks or so after the surgery. It will then begin to close more and more as the eyelid heals. However, even when everything is healed the eyelid may still stay a little open while sleeping. If there is a significant amount of eyelid opening while sleeping, you may have to use a lubricating ointment to keep the eye moist at night. Get Refresh PM (or generic) eye ointment from the pharmacy (you do not need a prescription).
- The patient may shower the next day. Please apply antibiotic ointment on the incision site or put a drop in the eye afterwards. Pat the area dry; DO NOT rub it dry, so as not to break the stitches.
- No strenuous activities for 2 weeks after the surgery (this includes exercising, swimming, lifting > 10 lbs, bending over, or anything else that raises the blood pressure around the eye). No swimming (in lake water/ pools) or hot tub/ Jacuzzi use for 2 weeks.
- If the patient has diabetes, auto-immune disease, or other disease, the healing process will be slower.
- Call our office if inflammation at the incision site worsens rather than improving after the first day (pain, redness, or discharge). The bruising and swelling usually increase the day after surgery and then will begin to improve.
- The bruising and swelling will greatly improve over the first two weeks. However a small amount of swelling is usually left over for up to 6 months.
- Do not expose the incision site to too much sunlight for the first 6 months as it may tan darker than the surrounding skin. Use a hat/sunglasses/sunblock if you have to be in the sun for prolonged periods.

Call our office (910-692-2862) or Moore Regional Hospital (910-721-1000) to have Dr. Bartiss paged if excessive pain, bleeding, discharge, or vision loss occurs.

Dr. Bartiss