

**Surgery Center of Pinehurst**  
**Home Instructions following Chalaziectomy**

**DIET**

- Nausea will occasionally occur and last 24-48 hours
- Go easy on food following surgery for the first day
- Start with sips of clear liquids, carbonated beverages, popsicles, or ice chips
- Later try soft foods such as ice cream, pudding, Jell-O, or soup.
- Appetite usually returns to normal by the second day

**ACTIVITY**

- Normal activity will not damage eyes
- Avoid swimming in a pool for 7 days and lake water for 2 weeks
- Avoid submerging incision until sutures dissolve (**if sutures are present**)
- It is OK to fly at any time

**MEDICATIONS**

- Tylenol as needed for pain
- Cool compresses as needed for 24-48 hours to decrease swelling and any discomfort
- Antibiotic ointment or drops to the operated eye(s) 3 times a day for 7 days

**APPEARANCE OF THE EYE**

- Eyelid will be swollen and possibly appear bruised for up to 2 weeks
- You may see a pink tinge in the tears for 1-2 days
- Any sutures (**if used**) will dissolve on their own

**If you have any questions or concerns please call the office 910-692-2862**

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**Dr. Bartiss**