



After Your Eyelid Surgery

1. After getting home, continue resting for the next 24 hours with your head elevated. Be aware that you may feel tired and unsteady on your feet. This is normal after surgery. Have someone assist you in getting up, going to the restroom, etc. for the first day or two.
2. Keeping your head elevated when you sleep will help minimize swelling and bruising. For the next 3-5 nights, sleep on your back with 3 to 4 pillows behind your head and back. Bruising and swelling generally subsides within 4-6 weeks of surgery.
3. To help minimize swelling and discomfort, you may also apply cold compresses to your eyes for 10-15 minutes each hour while you are awake during the first 24 hours after surgery.
4. If you experience pain, please take your prescribed pain medication as directed. This medication should be taken with food to prevent nausea. Tylenol (Acetaminophen) may be taken in the place of your prescription if you prefer.
5. If you were discharged with an oral antibiotic, it should be taken through its full cycle as directed.
6. Before you go home, we will review which medications you may safely resume. If you have questions regarding which medications you may take, please call.
7. Call Dr. Gage's office **immediately** at 314-251-4530 if you experience any of the following symptoms: Temperature above 101.5°F, shakes and chills, severe unrelieved pain, bright red blood from the incision site or sudden onset of significant swelling of one or both eyes.
8. If you are given OPTHALMIC OINTMENT AND/OR EYE DROPS apply as directed by your doctor. If the ophthalmic ointment gets in

your eyes and your vision becomes blurred, this is a normal occurrence. Continue the ointment as directed.

9. Drink plenty of fluids. It is easy to become dehydrated after surgery. Dehydration may cause nausea and dizziness.

10. Sutures may be present along the incision site. If so they will be removed within 3 to 5 days in Dr. Gage's office. After the first 24 hours, you may wash your face gently with a mild soap and gently pat dry with a soft clean towel.

11. Do not strain your eyes by excessive reading or television watching for long periods of time for the first 3-5 days after surgery.

12. Do not engage in any strenuous activities for the first 4-6 weeks after surgery. Avoid bending over or lifting heavy objects for the first 5-7 days. Exertion that elevates blood pressure can cause bleeding. You may resume light exercise and/or your normal activities after your first post-operative visit with Dr. Gage.

13. It is recommended that you wear a dark pair of sunglasses when outside for the first 3 weeks following your surgery, as your eyes may be more sensitive than normal to bright light.

14. If you wear contact lenses, you should wait approximately 5 days after surgery before inserting them. This amount of time will allow the eyes to regain its normal functioning ability to lubricate themselves.

15. Do not use any make-up on the incision site or other areas for 2-3 weeks after your surgery unless otherwise instructed by Dr. Gage.

16. Dr. Gage highly recommends that you use sunblock with a minimum of SPF 15 for the next 3 months to help protect your incision sites from burning. All fresh new scars are hypersensitive to sunlight, causing a tendency to burn.

17. Because NICOTINE is a vasoconstrictor, **YOU WILL BE REQUIRED TO ABSTAIN FROM SMOKING OR ANY FORM OF NICOTINE** for 2 weeks before and after surgery. This helps to prevent circulatory complications and poor healing. **Be aware that**

smoking or the use of unapproved medications can lead to complications and jeopardize the results of your surgery.

It has been our pleasure to provide your surgical care. If you have any additional questions, please do not hesitate to call.