

Post Care Instructions

Eyelid Surgery

Your eyelid surgery has been performed. In order to optimise your post-operative recovery, please follow these instructions.

Care Instructions following your Operation

- 1) Normal diet
- 2) No vigorous exercise, heavy lifting, bending or straining for 3 days. Gentle walking is allowed
- 3) Try and keep wound dry until review in 7-10 days; otherwise bathe normally
- 4) Restart anticoagulants the next day after surgery
- 5) It is recommended to use a towel on your pillow in case of wound bleed
- 6) Be aware that bruising & swelling increase over the first 48 hours
- 7) Always wash your hands before attending to your wound.
- 8) Apply cool compresses for **15 minutes every hour** for first **24-48hrs** – the more the better.
- 9) Apply Eye Ointment (as prescribed by Dr Smith) morning and night with a Q-tip and smear over the incision line
- 10) Post-Op Review in 7-10 days when the sutures will likely be removed.

Should you have any concerns, please call

Queensland Eye Institute on 3239 5000

Preparing Cool Compresses

- Boil some water and store in a bowl in the refrigerator
- Using a cotton pad or face washer, soak in cooled water and apply to the eyelids.
- Do not use frozen peas, gel pads or other cooling products unless specified.