



EYELID SURGERY INSTRUCTIONS

One month before surgery:

- Please verify we receive any clearances required for surgery. Some patients may require primary care, cardiac, neurology, or pulmonary clearance.
- Make sure you to clear your calendar of any major travel plans or family pictures/portraits for one month following the procedure.

One week before surgery:

- Make sure all clearances for surgery (such as cardiac, pulmonary) are received.
- Stop Aspirin and fish oil. If you are on any other blood thinners (such as Plavix, Clopidogrel, Warfarin, etc.), contact the office through the patient portal or secure texting options. We will guide you on the proper timing to stop your blood thinners.
- Verify all authorizations for the procedure are obtained.
- Familiarize yourself with the surgery center location.
- Arrange for a ride to and from surgery with a friend or family member. Taxis and ride sharing services (such as Uber) are not permitted.

Morning of surgery:

- Use antibacterial soap to cleanse your face and the skin around your eyes. Pay special attention to cleaning the eyelashes gently with an antibacterial cleanser. You must

remove all makeup and false lashes before your arrival for surgery.

- Do not eat or drink prior to surgery. You may take any necessary medications with a small sip of water.

Day 1 – 7 After Surgery:

- First 24 hours: Do not drive. Do not stay home alone. Do not operate machinery or perform heavy lifting. Do not drink alcoholic beverages. Do not sign legal documents.
- **Elevate** the head of the bed to about 45 degrees for at least 48 hours. This will minimize swelling and bruising around your incisions.
- **Ice** just as much as possible over the first 48 hours. The more you ice, the faster you will heal. Ice will also help with pain control.
- Use **antibiotic ointment** four times per day for the next seven days, then stop.
- Take Tylenol, Advil, or a doctor approved over-the-counter pain medication every 4 hours as needed. I find it helpful to alternate between Tylenol and Advil. The two work very well in combination for pain management. If the pain does not resolve with over-the-counter pain medications, call the office.
- Most patients notice the swelling and bruising increase over the first 2-3 days after surgery. This is quite normal. It will gradually resolve thereafter.
- It is normal to have a trickle of blood from the incisions for up to 24-48 hours following surgery. This type of oozing is common. Contact the office if there is overt bleeding from the incision site.
- When do I restart my blood thinners? Dr. Soni will give you detailed instructions on the day of the procedure.
- Bathing is permitted after surgery, but you must keep your incisions dry for the first 5 days after surgery. This means

you are not permitted to wash the incision site for a full five days following the procedure.

- If you experience pain, nausea, vomiting, fever over 101F, difficulty urinating or difficulty swallowing contact your physician. If you experience chest pain or difficulty breathing call 911.

Week 1 - 2 Following Surgery:

- You may notice lots of itching. This is normal as the incisions heal.
- The sutures will gradually fall out. The sutures are dissolvable and meant to fall out naturally. Most sutures gradually fall out before your next appointment.
- Call the office if you notice any of the incisions gaping or opening.
- Make sure to attend your postoperative visit between Week 2 to 3 following eyelid surgery.
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Week 2 – 4 Following Surgery:

- Let any residual sutures fall out naturally. Do not pull or cut them. They will fall out with time.
- The bruising and swelling will gradually resolve. You will notice some scarring at the incision sites. You may apply vitamin E and other scar remedies.

Questions? Use our secure patient portal and texting platform. If you have any problems after hours, call (346) 818-6780 and leave a message for the doctor on call.