



Eyelid and Brow Surgery Post-Operative Instructions

FOR THE NEXT TWO WEEKS, DO NOT TAKE ANY ASPIRIN OR ASPIRIN CONTAINING PRODUCTS (BUFFERIN, ANACIN, EXCEDRIN, ADVIL, MOTRIN, ALEVE, ANAPROX, ETC.).

Aspirin interferes with normal blood clotting. If needed, you may take Tylenol. If you have any questions about a product, check with your pharmacist or call our office anytime at **541 / 773 / 6700**.

WHAT TO DO THE FIRST 24-72 HOURS:

After leaving the surgery center, go to bed and rest for the first 24 hours. Get up to eat or go to the bathroom only. Rest and sleep on your back, with your head elevated on 2 pillows. Avoid any unnecessary straining (hard coughs/sneezes, lifting heavy objects) for the first week. Apply cold compresses (keep gauze pads soaking in a bowl of ice water by your bed) to your eyes **FREQUENTLY** during the first 24 - 48 hours. It is recommended that you apply ice in a 20 minute on and 20 minute off cycle as much as possible the first 2 days. After that, cold compresses may be used as desired for comfort. **DO NOT PUT ICE OR ANYTHING FROZEN DIRECTLY ON YOUR EYELIDS.** It is possible to get frostbite if the ice directly touches your skin.

The day after surgery, you may clean your eyes with a soft, clean white cotton cloth or Q-tips using luke warm tap water. Avoid washing the eyelids with soap. Your eyes may not close completely until the swelling subsides and soap may irritate them. It is not unusual for the eyes to remain slightly open for several weeks after surgery because of the swelling and tightness of the incisions. **DO NOT** use a fan during sleep because it may cause excessive drying of the eyes in this time period.

You may shower and wash your hair the day after surgery. Hair should be towel dried; avoid hot air blow dryers.

DURING THE NEXT TWO WEEKS:

- Continue sleeping on your back for at least the first week.
- Avoid keeping your head down for extended periods of time. The force of gravity tends to increase swelling. When bending, bend at the knees.
- Upper and lower eyelid sutures will be removed 5 to 7 days after surgery.
- Avoid alcoholic beverages for 1 week after surgery.
- Eye make-up can be applied approximately 1 week after surgery, if all of the small crusts are off the incisions.
- Remove eye make-up with oiled pads or a light cold cream. Light moisturizer may be applied when make-up is used.
- When outdoors, wear dark glasses until all bruising has disappeared.
- For 2 weeks following surgery, no strenuous activities are permitted. No exercise, jogging, swimming, sports or heavy cleaning. Normal activities may be resumed thereafter.

Important Post-Operative Instructions

- You may **NOT** sunbathe until Dr. Kreul or his staff has given approval.
- Use sunscreen (SPF 15 or higher) daily.
- The incisions may become pink and a bit lumpy 3 to 5 weeks after surgery. Do not be alarmed if this happens; it is a normal process. It gradually subsides.
- Eye drops, such as **HYPOTEARs**, **VISINE OR AQUAFILM TEARS** may be used if your eyes feel itchy, like burning or if they are tearing a lot.
- The scars will gradually fade to a fine line, which can be covered with make-up.

NOTE - THE PATIENT MUST HAVE A RESPONSIBLE ADULT PRESENT FOR THE FIRST 24 HOURS AFTER SURGERY.

