



THE FEW INSTITUTE

for AESTHETIC PLASTIC SURGERY

POST-SURGERY INSTRUCTIONS: EYELID SURGERY

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have good outcomes.

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms of eyelid surgery and signs to watch for include:

Tightness in eyelid region and difficulty closing your eyes: Blurry vision, dry eye, burning, watery or itchy eyes. Bruising and swelling in the eyelid region. These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort. **Consistent sharp pain should be reported to our office immediately.**

Asymmetry, the eyes look different, or heal differently. The eyes may look or feel quite different from one another in the days following surgery. This is normal; no two eyes in nature or following surgery are perfectly symmetrical.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Bright red skin that is hot to the touch.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen eyelid or excessive bruising or fluid retention that is localized to one region.**

To alleviate any discomfort, and to reduce swelling, you may apply cool (not cold) compresses to your eyes. Do not apply ice or anything frozen directly on the skin. Do not apply compresses to your cheeks. Soak soft plain white washcloths or gauze squares in ice water and wring out well. Apply directly to the eyelids, but do not apply any pressure. Apply cool compresses, for no longer than 20-minute intervals.

POST SURGERY INSTRUCTIONS:

- **Walk every 2 hours for 10minutes while awake**
- **Do not strain eyes (you may read, look at a computer, and watch TV as tolerated)**
- **Mineral Makeup may be applied 7-10 days post surgery**
- **Wear sunglasses when outdoors**
- **Protect eye area with mineral sunscreen 30SPF or higher**
- **You may resume all routine medications immediately after surgery, except blood thinners**
- **Sleep at 45 degree angle (2 pillows) for 1-2 weeks**
- **Keep incision clean and dry. Use a mild cleanser such as Cetaphil**
- **Do not remove steri-strips (little white or brown tape strips)**
- **You may shower 24-48 hours after surgery.**
- **Do Not Drive while taking a narcotic. Please ask Dr Few for permission to drive at first post operative visit.**
- **You may switch to Ibuprofen 24 hours after procedure**
- **Do not lift, pull, or push anything heavier than 5lbs for 2 weeks post surgery**
- **No exercising for 14 days after surgery**
- **Schedule follow up appointment 3-5 days post surgery**

To contact Dr. Few after hours, please call the answering service at 312-202-0882 , and press "0"