



DAINES PLASTIC SURGERY

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Eyelid Surgery Post-Op Instructions

- *For the first 4 hours after surgery*, apply cold compresses 10 minutes on and 10 minutes off. Wrap ice chips in gauze pads and place over eyes. This will absorb oozing and keep incisions clean and moist.
- Continue applying cold compresses for the next 48 hrs. Apply for 20 minutes every hour while awake.
- Clean incisions *twice daily* with a q-tip soaked in hydrogen peroxide using a gentle rolling motion. After cleaning the incisions, apply aquaphor healing ointment.
- Sleep with the head of bed elevated for the first 72 hours to minimize swelling.
- After 24 hours you may shower unless instructed otherwise.
- Swelling will peak at 48-72 hours after surgery and then will begin to subside.
- Your sutures will be removed after 5-7 days.
- After 1 week you may wear makeup. After 2 weeks you may wear contact lenses.

- Avoid **Aspirin, Ibuprofen, fish oil**, and other over the counter **vitamins and supplements** for 2 weeks before and 2 weeks after surgery.
- Bruising may last up to 10 days in most cases
- Incisions should fade to barely visible lines over the next couple months.