



Eyelid Surgery Instructions

1. Use ice water compresses (Ice cubes and water in a bowl with washcloths) continuously every 15 minutes the first day of surgery until you go to bed, then as able for the next 2 days. If Chemical Peel, you will be instructed when to start applying compresses.
2. Elevate head of bed approximately 30 degrees (2 pillows is sufficient) for 1 week.
3. Avoid straining or bending over for 1 week
4. Avoid direct sun exposure for 1 month.
5. Avoid eyebrow tweezing for 2 weeks.
6. No Aspirin products, Aleve, Ibuprofen or Aspirin-containing products 2 weeks before surgery and 1 week after surgery.
7. You may wash your hair after the first 24 hours. Use a “cool” hairdryer for the first 2 weeks.
8. Avoid contact lenses for the first 10 days. Eyeglasses may be worn immediately following surgery. For patients who wear hard contact lenses and are having lower eyelid surgery, avoid wearing contacts for 3 weeks.
9. Do not use make-up over the incisions until 10 days following surgery. Any discoloration **under** the incision can be covered 2 days following surgery.
10. Starting on the day after surgery **for upper eyelids only**, use peroxide on a Q-tip applicator 6 times a day, followed with Lacrilube ointment on a Q-tip 6 times a day along the incision for 1 week.
11. Return to work after 4 to 5 days.
12. Avoid strenuous activity for 4 weeks.

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