

Eyelid Surgery – Preparing for Surgery and Post-Operative Care

1. The potential risks of any surgical procedure include bleeding, bruising, swelling, infection, vision loss/blindness, overcorrection, undercorrection, asymmetry, persistent eye irritation/dry eye, double vision and skin scars.

2. STOP ASPIRIN, ADVIL, VITAMIN E, GINGKO BILOBA, GINSENG and other blood thinners if possible. If you take aspirin, consider stopping it for 10 days prior to your surgery, IF agreeable with your family doctor/internist. (If you take PRADAX, COUMADIN or PLAVIX, consult with your family doctor or internist before stopping it.) Tylenol (acetaminophen) can be used for pain relief without increasing your bleeding tendency. You can usually restart your aspirin or advil 1-2 days after surgery.

3. There are no restrictions on eating or drinking on the day of your surgery. You should continue taking your medications as normal (except blood thinners as discussed above).

4. YOUR EYE/EYELID MAY APPEAR SWOLLEN AND BRUISED FOR SOME WEEKS. This is normal. You may wish to conceal the swelling with a large pair of sunglasses. Occasionally the swelling can track into the upper cheek area.

5. POST-OPERATIVE CARE FOR YOUR SKIN AND EYE To minimize post-operative swelling, apply cold compresses every 15-30 minutes on the operated eyelid area while you're awake for the first 2 days. Use ice packs, frozen vegetables or dip a clean cloth in ice water. Raising your head when you sleep (using extra pillows) will also help. Usually Dr. Adam asks you to put some antibiotic ointment on the eyelid and/or eye 2-4 times a day, for a week. Be sure to apply the ointment gently – DO NOT PULL DOWNWARD ON THE LOWER LID if it has been operated on. It is common for the eyes to feel itchy, scratchy, gritty, dry or even watery after surgery. If this happens use over-the-counter lubricating drops or ointment in your eye 4-6 times per day. You can do light work the day after surgery. However avoid dusty, dirty environments for about 4-7 days. Do not lift anything heavier than 20 pounds for the first week. You can shower the day after your surgery, but do not rub the incision or get it dirty. Wash your hands frequently. You can take Tylenol (acetaminophen) for pain relief.

6. Depending on your particular operation, the doctor or his colleague may check you in the office the day after the surgery, or in 1-6 weeks. Stitches are generally removed 5 days to 2 weeks after surgery. If you perceive a problem after surgery, phone Dr. Adam's office during the day. For emergencies he can be reached by pager at 416-235-9323.

7. MORE THAN ONE OPERATION MAY BE REQUIRED. To minimize scarring, corneal drying and overcorrections, it is better to do less surgery than too much surgery. Depending on how you heal, an augmentation procedure may be indicated to give you the optimal result.

8. Each patient has a unique perspective on what is functional, or aesthetically pleasing. Despite years of experience and extensive consultation with his patients, Dr. Adam can in no way guarantee that the patient will be completely satisfied with a surgical procedure.