

EYELID SURGERY POST-OPERATIVE CARE INSTRUCTIONS

Scarring is an inevitable outcome of any surgery no matter how minor. Typically, scars take one year to heal completely. Scar strength begins to increase at 4-5 days and peaks at 60 days. During healing the scar may appear red and raised. This will subside over the course of a year with proper scar care and treatment. Factors that aid in scar healing include: proper nutrition, avoidance of sun exposure and infection prevention.

Recommendations for proper incision care:

- 1) Apply antibiotic ointment three times daily for up to five days then switch to Vaseline. Using the ointment longer can irritate the skin. If the incision appears to be too dry, you may apply more frequently. It is helpful to use Q-tip to apply the ointment.
- 2) You may get take a shower and get the incision wet starting tomorrow. Wash your face at least twice a day with gentle soap and water. Pat dry (do not wipe). Use Q-tip moistened with water to clean around the incision to remove any crusting or blood.
- 3) Ice packing. For first 1-2 days, the swelling will become more severe due to blood flowing into the eyelid. This is our body's own mechanism to treat injuries or incisions. However, controlling the amount of swelling for first 72 hours is critical and will determine your recovery period. More swelling you develop during this period will only slowly and gradually reduce for several days.
- 4) Elevation. It is important to keep your head elevated, even when you are sleeping. Bending over, lifting heavy weights, and lying down for a long period of time will result in more swelling during the first week of the surgery. Also, it could elevate the blood flow at your incision site, resulting in bleeding. So it is recommended that patients use more pillows to keep their head up while sleeping, and stay up as much as possible.
- 5) Diet. Avoid salty food as much as possible, as they will retain more water in your body. Also, smoking and alcohol consumption should be avoided for first 3 weeks for faster recovery and better healing. In addition, eating kabocha squashes, tomatoes, and pineapples also help to reduce swelling.
- 6) What to avoid. Avoid putting eye make-up for first three weeks, especially when epicanthoplasty and lateral canthoplasty were performed. Putting eye make-up can result in infection and scar formation. In addition, removing the eye make-up, which often entails rubbing the eye regions, may result in incision opening, fold loosening, and other complications. Avoid wearing contact lenses for first three weeks.
- 7) Patience! After the surgery, you may not see the result right away, and this may be stressful. However, remember that after the long period of waiting and patience, you will achieve beautiful results!
- 8) Return to clinic in 5-7 days for suture removal.

Please feel free to call us for any questions or concerns during the initial healing period.