

Eyebrow and Eyelid Surgery

POST-OPERATIVE INSTRUCTIONS

As you prepare to leave Hancock Regional Hospital following your operation, it is important that you understand how to care for your surgical site. To promote healing, the wound must be kept moist and clean. Attention to optimal wound care will enhance the postoperative results and accelerate healing. Unless instructed otherwise, it is recommended that you comply with the following instructions:

COLD COMPRESSES:

Apply cold compresses or an ice pack directly to the wound for the first two days following surgery. These compresses may be prepared by placing crushed ice in a clean Ziplock sandwich bag. Alternatively, a bag of packaged frozen vegetables (i.e., peas, corn), which stays cold and conforms easily to the contours of the eyelids may be successfully used. The compresses should be applied as often as tolerated (20 minutes every half hour) while awake.

OINTMENT:

Erythromycin unless allergic. Only a light application of the prescribed ointment should be applied on the suture line 3 times daily. Only if instructed, the ointment should be applied directly to the eye, for these applications may blur vision. You may also have antibiotic eye drops.

PROTECTION:

Bandage/wrap may be removed after 24 hours. However, you should use an eye patch or an eye shield (placing any tape used away from surgical areas) for the first week to protect the suture line while you sleep. This will be provided to you by the hospital before you leave.

CLEANING:

On the morning following your surgery, clean the surgical site gently with a clean washcloth or cotton ball saturated with warm water. There is no need to vigorously rub the wound. Repeat this daily, as necessary, in order to keep the surgical site clean. After cleaning the wound, apply the ointment.

PAIN CONTROL:

Tylenol, 1-2 tablets every 4 to 6 hours should be sufficient to control most of your discomfort. If you require anything stronger for pain control, it will have to be prescribed to you. If you are having pain that is not controlled by the suggested regimen, then contact the office at (317) 325.2699 immediately. Avoid Aspirin and non-steroidal anti-inflammatory medications (i.e., Motrin, Aleve).

ANTICIPATED COURSE:

It is not unusual for swelling and discoloration of the eyelids to increase during the first two days post-operatively. This should not be alarming. However, your discomfort should decrease daily and your need for pain medications should diminish. There may be numbness or a pulling sensation. Call the office immediately if there is a popping sound with pain.

WARNING SIGNS:

If the pain does not diminish, bleeding persists, the swelling increases to the point of closing the eyelids, or if you notice a decrease in your vision, then contact the office immediately.

ACTIVITIES:

Avoid strenuous activities (such as bending, lifting, or heavy exercise) and do not wear any make-up for one week. Do not rub your eyes or blow or pick your nose.

VISUAL ACTIVITIES:

Although your vision and eye movement may feel strained following surgery, the use of your eyes does not threaten your healing; therefore, let your own tolerance be your guide as you resume your visual activities. If you have bandage contact lenses, your vision will be blurry. In the event that a bandage contact lens comes out, do not attempt to replace it. Call the office.

DRIVING:

You may not drive for at least 24 hours following surgery due to your surgical sedation. After your sedation time has elapsed, you may drive as soon as your vision clears enough to permit you to resume your other regular activities such as reading or watching television.

SHOWERING:

Do not shower or wash your hair for 48 hours after surgery. Avoid directing the shower spray against your face. Gently dab the surgical site. Do not rub wound vigorously.

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For Medical Questions...

Please call us at (317) 325.2699 Monday-Friday, 8 a.m.- 4 p.m. For after hours and on weekends, call the hospital operator at (317) 462.5544 to have Dr. Amde paged.