

******LEYNGOLD INSTITUTE FOR PLASTIC SURGERY******

**EYELID RECONSTRUCTION
POSTOPERATIVE INSTRUCTIONS**

- **Avoid sleeping on or putting pressure on the incisions.**
- **If your eye is not patched start cold compresses and continue 15 minutes on and 15 minutes off until bedtime. For the next 36 hours, continue to apply the cold compresses for 10-15 minutes every hour. After 36 hours, you should switch to warm compresses at least 4 times a day until the swelling and bruising have gone away.**
- **If your eye is patched, your patch will be removed on your first postoperative appointment. If your patch falls off before the appointment, you may start applying antibiotic ointment as described below. Until your eye is open there is no need to use artificial tears.**
- **If your reconstruction required a skin graft, the Tegaderm dressing (clear dressing) on your graft site may be removed in 48 hours. Do not submerge the incision in water for 3 weeks. You may shower and let the water wash over this area. The steri-strips and/or Telfa dressing under the Tegaderm will fall off on their own.**
- **If you have a “bolster” dressing (a yellowish dressing sutured over the graft) please leave it intact. You may get it wet, but do not rub it. You may apply prescribed antibiotic ointment around the dressing and the sutures. It will be removed at your first post-operative visit.**
- **Avoid hot tubs, saunas, ocean/lake water and swimming pools for 3 weeks**
- **Do not wear make up for 2 weeks, until the incision(s) is (are) completely healed.**
- **You may shower and wash your hair carefully.**
- **You may continue your daily activities in moderation.**
- **Use Bacitracin or Erythromycin ophthalmic ointment on the incision two (2) times a day for 1 week. For any incisions on other areas of the face/body you may use any over the counter antibiotic ointment two (2) times a day for 1 week. It is**

important to start artificial tears 1-2 drops in the operated eye at least every 2 hours while awake. At bedtime you will need to place ¼ inch of eye lubricating ointment in the operated eye(s). You should continue this regimen of artificial tears and eye lubricating ointment for at least 4 weeks after surgery

- Your vision will be blurred once the ointment gets in your eye(s).
- Some of your stitches may be dissolvable and will go away on their own. Some of your stitches may have to be removed on one of your postoperative office visits.
- Take Tylenol tablets OR Oxycodone tablet every 4-6 hours as needed for pain. You may resume your aspirin, aspirin-containing products or blood thinners 48 hours after your surgery.
 - Resume all of your other medications as directed by your other physician(s).
- Resume your regular diet as tolerated.
- Your first follow-up appointment in the office is on ____/____/____ at _____

For the first few days your vision maybe mildly blurry, which is normal. Mild itching, tightness, and discomfort around the surgical site(s) are also normal. However, if you have severe vision changes after surgery, severe itching or pain around the surgical site(s) or any problems you wish to discuss, please call the on-call doctor after-hours at (208)900-4673.

Additional Information

Cold compresses- there are many options to choose from so use the one that works best for you

Frozen bag of peas- apply frozen bag onto both eyes until it warms

Cold cloth- wet a washcloth with cool water and hold over eyes until warms- this is the least effective method as the washcloth loses warmth quickly

Commercially available gel packs or microwavable pads specifically for the eyes- use as instructed by the manufacturer

Regardless of the cooling method, place cold gently over both closed eyelids until it warms.

Warm compresses- there are many options to choose from so use the one that works best for you

"Hot pillow": place 1/2 cup of dry, uncooked rice in a clean cotton sock- tie off the open end of the sock. Microwave for 30-60 seconds. Test on arm for desired heat before placing on eyelids.

Warm cloth- wet a washcloth with warm water and hold over eyes until cool- this is the least effective method as the washcloth loses warmth quickly

Commercially available gel packs or microwavable pads specifically for the eyes: use as instructed by the manufacturer

Regardless of the heating method, place heat gently over both closed eyelids until it cools.

Eye lubrication

If your eyes are dry or irritated, you will be instructed to use artificial tears throughout the day and tear ointment at night. You can find these at any drug store

Types of artificial tears- use 4-5 times per day or as otherwise instructed (if using more often, or for long period of time, use the preservative free vials)

Systane (Balance, Ultra, Gel-- also available in preservative free vials)

Refresh (Plus, Optive advanced-- also available in preservative free vials)

Genteal tears

Blink

Types of ointment (comes in a tube, not a bottle)- place small amount into eye at night (will make vision blurry)

Systane Night Time

Refresh PM

Soothe PM ointment

Genteal PM (gel or ointment)

Puralube Eye Ointment