



**ARMANDO J. ALFARO, M.D., FACS**

**PLASTIC & RECONSTRUCTIVE SURGERY**

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### **EYELID SURGERY AFTER CARE INSTRUCTIONS**

- 1. After eyelid surgery it is best to elevate your head and shoulders on at least two pillows.**
- 2. When awake a cold compress can decrease swelling and improve comfort for the first 48 hours. This is best applied by placing a light cloth over the eyes and a “baggie” filled with crushed ice over each eye.**
- 3. Initially you may be unable to close your eyes completely or may experience burning or stinging. Apply a bland eye ointment into your eyes every 4 hours or as needed. Apply both during the day and at night while sleeping. This will make your vision blurry, but it will clear as the ointment is absorbed.**
- 4. On the second day after surgery you can begin washing your face (but not your eyelids), gently with a mild soap and rinse with water.**
- 5. If you have discomfort in your eyes, take the pain medications every 3-4 hours.**
- 6. Tightness of the eyes is normal feeling after surgery. This may make it hard to close the eyes completely. Your eyelids will relax with time.**
- 7. Tearing and dry eyes often occurs after eyelid surgery. This will stop as the swelling subsides over the next few days.**
- 8. Avoid strenuous activity and lifting objects heavier than 10 lbs for the first 3 weeks**
- 9. Swelling may cause the lower eyelid to pull away from the eye. If this occurs, we will begin some gentle massaging techniques. This will improve as the swelling and inflammation subsides.**
- 10. If you have any questions during office hours, please call our office at (520)-323-9720. After hours and on weekends, you may call our emergency number (520)-570-7023 and the operator will contact Dr. Alfaro immediately.**