



THE AESTHETIC CENTER

POST-OPERATIVE INSTRUCTIONS

Dr. William H. Bearden

Your first post op appointment is _____ at 12018 West Broad Street
Suite 102 (Short Pump Office)

Please follow these post-operative instructions carefully to ensure the most successful surgical outcome.

THE LID LIFT GOGGLES MUST BE PURCHASED AT THE AESTHETIC CENTER. GOGGLES ARE NOT AVAILABLE FOR PURCHASE AT THE SURGERY CENTER.

If you are having lower lid resurfacing, see resurfacing instructions.

LID LIFT GOGGLES

OR

COLD ICE COMPRESS (frozen peas)

DAY 1 & 2

You will wear lid lift goggles OR cold ice compresses every 30 minutes out of the hour for the first 48 hours (2 days) during the waking hours. If you are using cold compresses, it is vital that you apply pressure with your hands. Minimal bruising and swelling is normal and either of these two options will help minimize that. Most bruising and swelling will slowly resolve within the first week post operatively.

The goggles should be adjusted firmly enough but short of being painful. goggles should be comfortable to wear. If the goggles cause pain remove them.

Ice helps with pain and decreases swelling and redness. Ice does not help much after 48 hours. Do not put ice directly on the skin. Put frozen peas in a zip lock bag. Moisten a gauze with water and put the wet gauze between your eyelids and the bag of frozen peas.

DAY 3-14

48 hours after surgery (after 2 full days of ice/goggles), begin using WARM compresses.

- For approximately 5-10 minutes every 3-4 hours. (Fill a sock with uncooked rice and microwave for 30-50 seconds, until comfortably hot, wrap sock in a damp cloth to create moist heat). **Continue warm compress every day until all swelling and tenderness is resolved (this can take a few weeks).** Alternately, you may use a store purchased microwavable gel pack if you choose. Either way, the heat should be moist.

BEDTIME

Wear the Lid Lift Goggles every night at bedtime for a full 2 weeks after surgery.

OR

Wear the eye shield(s) every night at bedtime for a full 2 weeks after surgery.

MEDICATIONS

FOLLOWING SURGERY, YOU MAY RESUME ANY PHYSICIAN RECOMMENDED BLOOD THINNERS THAT YOUR PHYSICIAN STOPPED PRIOR TO YOUR SURGERY.

Use the antibiotic ointment on your stitches or wounds 2 times per day and in your eyes at bedtime (refer to your specific prescription as this may vary for patients).

- This keeps the wounds moist to promote healing and prevents infection. The ointment will not hurt your eye if it gets in the eye (it is formulated for use in the eye), but it will make the vision blurry because it is greasy.
- Apply the ointment with a clean fingertip.
- It is important to stop the ointment as directed. Begin using small amount of **Vaseline** on your incisions 2 x day for 4-6 weeks or until you are satisfied with appearance.
- **Using the antibiotic ointment longer than instructed can cause an increase in eye pressure and/or thinning of the skin.**

If you have pain, start by taking Extra Strength Tylenol (500mg) as instructed on the bottle. If you continue to experience pain, you may take the prescribed pain medication.

- It is normal to have some pain after surgery. The pain should improve on a daily basis.
- Your prescribed pain medication may not be covered by insurance. Out of pocket, it is around \$20.
- If you do not want to fill this prescription, you are welcome to use Extra Strength Tylenol, Ibuprofen, or Aleve if cleared by your primary care physician.

Use artificial tear drops and Tears PM for dryness.

- Dryness can present as burning and/or as a foreign body sensation.
- You may experience dryness for several weeks while your lids are healing.
- Recommended brands include Retaine, Systane, Gen Teal, Thera Tears and are all available in both daytime and nighttime options.


No driving for at least 48 hours after surgery. No driving if you are in pain, if your vision is blurry, or if you are taking narcotic pain medication.


Sleep on your back with your head elevated above your heart for 2 days after surgery.

- The surgical wounds are fragile for 2 weeks after surgery. Accidentally rubbing them during sleep is the most common way a wound will open after surgery.
- Head elevated will reduce swelling after surgery.
- Use an extra pillow or you may sleep in a recliner.
- If you cannot do this because of back or breathing problems, that is ok, but you will notice more swelling in the morning. If this causes sleeping problems, return to your natural sleeping position.
- If your head rolls to the side when you sleep, you will notice that the side facing downward will have more swelling due to gravity.
- You may shower after 24 hours and take a bath in a tub after **ONE WEEK**. Gently pat dry.

Do not bend with your head below your heart, lift things heavier than a gallon of milk, or do anything strenuous for 1 week.

- A sudden increase in blood pressure is the #1 reason to have substantial bleeding after surgery. While rare, bleeding behind the eye after surgery can cause permanent vision loss. Avoiding these activities will help prevent this complication.
- Resume your regular activities including your regular exercise routine on Day 8 after surgery.

 **Do not sleep with pets in the bed for 1 week.**

 **Avoid hot tubs, saunas, ocean/lake water and swimming pools for 2 weeks.**

- This is important to prevent infection.

Avoid drinking alcohol for 1 week after surgery.

- Alcohol will delay healing, increase swelling and bruising, and increase the risk of bleeding after surgery.

Do not smoke for at least 14 days after surgery.

- Smoking decreases blood flow to the wounds and delays healing. If your surgery included Mohs reconstruction, smoking can cause the reconstruction to completely fail.

At two weeks post operatively, most patients may resume makeup wear to the incision site and surrounding area

DIET

You may eat immediately after surgery. Start with a gentle diet.

- Lingering effects of your anesthesia can lead to an upset stomach. Start with clear liquids. Notify us if you start having severe nausea or vomiting, which can cause re-bleeding with increased swelling and bruising.

WHAT TO EXPECT

- Mild to moderate bleeding between the sutures typically within the first 24 hours.
- Mild irritation/scratchiness/itching the first few weeks.
- Mild numbness around the incision site.

Information regarding the stitches:

- The incision lines are fragile for the first 2 weeks, treat them carefully and do not rub them.
- Stitches that are clear or skin colored will dissolve on their own in 1-3 weeks and they do not need to be removed in the office.
- Stitches that are purple or blue, will be removed by Dr. Bearden in the office.
- Wear the overnight eye coverings as directed.

Information about scarring:

- Eyelid scars typically heal very smoothly compared to scars elsewhere on the body. It is very rare for an eyelid to develop a keloid or hypertrophic scar.
- Scars are most pronounced one month following surgery. The scar may be elevated and red for hyperpigmented at this time. This is normal.
- Keeping the incisions moist, initially with your prescribed antibiotic ointment and then with a small amount of Vaseline at bedtime for 1 month following the surgery, will help keep them supple and promote healing.

REASONS TO CALL

Decrease in vision or double vision.

Uncontrolled bleeding that will not stop with gentle pressure.

Hard “goose egg” swelling.

Pain or nausea that is not controlled with medication.

Signs of infection including redness, pus-like discharge, warmth and pain.

Fever greater than 100F.

Any other concerns.

Day time: 804.287.4276 Monday – Thursday 8:00a-5:00p

Friday 8:00a-4:00p

After-hours: 804.257.5116 (Nights, holidays and weekends)

Patient Signature

Date