

Paragould Plastic Surgery

1000 West Kingshighway

Suite 7

Paragould, AR 72450

(870)239-8427

Eye lift

Post-Operative Instructions

Instructions

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not smoke. Smoking delays wound healing and greatly increases your risk of complications.
- Sleep with your head elevated 45 degrees for several days to minimize swelling.

Activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking narcotic pain medication.

- No strenuous activity for 2-3 weeks. Increase activity slowly as tolerated. (If it hurts don't do it.)
- You may return to work in about 5-7 days.

Incision Care

- Avoid exposing scars to sun for at least 12 months. Always use a strong sunblock if sun exposure unavoidable.
- Keep incisions clean and dry. You may clean with soap and water and inspect daily for signs of infection.
- Use cold compresses for the first 24 hours for comfort and to reduce swelling and bruising.
- Your hair can be shampooed any time after surgery.
- You may have sensitivity to sunlight, wind and other irritants for several weeks.

What to Expect

- You will go home from hospital the same day as surgery.
- Maximum discomfort will occur the first few days after surgery.
- You may experience temporary swelling of the eyelids, tightness of lids, bruising, dryness, burning, and itching of eyes.
- You may have gummy eyes for approximately 1 week.
- You may use Natural Tears eye drops if eyes feel dry.
- For the first few weeks, you may experience excessive tearing, sensitivity to light and double or blurred vision.
- You may have difficulty closing your eyes when you sleep.

Appearance

- Bruising and swelling of the eyelids may last 1-2 weeks.
- Healing is a gradual process and your scars may remain slightly pink for 6 months or more.
- Tiny whiteheads may appear after stitches dissolve.
- All sutures are dissolvable and will go away over time.

When to Call

- If you have increased redness along the incision.
- If you have increased pain that is not relieved by medication.
- If you have any side effects to medications such as a rash.
- If you have an oral temperature over 100.4 degrees.
- If you have any tan or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

For Medical Questions, please call:

- (870)239-8427, Monday-Friday, 8am to 4:30pm
- After hours, weekends and holidays (870)239-8247 and the answering service will assist you.
- You will follow up with surgeon 2 weeks from the day of your surgery.