

# Discharge Instructions for Upper Eyelid

Dr. Samuel Lam

(972) 312-8188 Monday-Friday, 9am-5pm

(214) 346-1388 Answering Service

## SPECIFIC INSTRUCTIONS:

- Keep the head of your bed up (day and night) for 2 days following your surgery.
- Ice the surgery site for 2 days following your surgery, applying it for 20 minutes on and 20 off (at least) during hours that you are awake. NEVER apply ice directly to skin.
- DO NOT BEND OVER OR PERFORM ACTIVITIES THAT WILL INCREASE PRESSURE TO EYELIDS!! (i.e. yoga, lifting weights, or contact sports) You may perform light exercise the first week, such as walking.
- Begin the incision site care the evening of your surgery. Always wash your hands before caring for your incision. Apply a thin smear of Mupirocin ointment to the incision with a clean Q-Tip for each eyelid. Do this twice a day for 1 week only. If the incision becomes reddened and itchy, you may be allergic to the Mupirocin. Discontinue use and purchase a **NEW** container of Vaseline and use instead of Mupirocin.
- Do not cut or pull at the suture strings.
- You may shower 24 hours after your surgery.
- Sometimes you will feel a pulling sensation or a bit of discomfort when opening your eyes. This is common.
- Return to the office a week after surgery to have your sutures removed.
- You may resume wearing contacts one week after surgery or at Dr. Lam's discretion.
- You may use Tylenol or prescription medication for discomfort.
- **NO ALCOHOL, ASPIRIN, ADVIL, ALEVE, OR OTHER BLOOD THINNING PRODUCTS FOR ONE WEEK AFTER YOUR PROCEDURE!!**

**Please return for your post-operative appointment as scheduled.**

Patient Signature: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Date and Time: \_\_\_\_\_

