



## POSTOPERATIVE INSTRUCTIONS

1. Apply ice to eyelids for 20 minutes every hour while awake for the first 24 hours after surgery.
2. Elevate your head with pillows while sleeping.
3. Bleeding, profound lid swelling, visual loss, and extreme pain are **NOT** normal and you should contact us immediately at 406-490-9953 or 888-299-3635 if this should occur.
4. Expect some swelling and bruising after surgery which is common. This usually resolves in 7-14 days.
5. For discomfort, take Tylenol or Extra Strength Tylenol.
6. You may wash your face and hair after surgery, but try and keep the incision dry for the first 3 days.
7. The eyes may feel irritated or be teary after surgery.
8. The incision area may itch. It will also be tender. You may feel the edges of the sutures along the incision.
9. Clean crusting and mucus with Q tips or a warm washcloth. Expect the eyelids to crust and stick shut after sleeping.
10. Please discuss with your surgeon the appropriate time to resume blood thinner medications.
11. Please no heavy lifting or exercise for 7 days after your surgery.