



TAMBOLI
EYELID & FACIAL PLASTIC SURGERY

Your follow-up appointment is scheduled for: Date: _____ Time: _____

- 1) Restrictions:
 - a) No heavy lifting, bending or straining for 1 week (avoid strenuous exercise, walking is fine).
 - b) Do NOT rub eyelids to prevent the sutures from breaking.-->safety glasses at bedtime are helpful to prevent your hands from rubbing an itch.
 - c) Showers are preferable over baths; do not submerge head directly in water for 3 days. No submerging your head underwater in a lake or pool for 3-4 weeks after surgery.

- 2) To Decrease Swelling:
 - a) Apply Ice packs (a cup of frozen peas in a Ziploc bag) to eyelids every hour for 15 minutes while awake over the next 3 days. After 3 days you can continue if it feels good, otherwise stop. After 3 days you can use warm compresses if desired. The swelling often will get worse for a few days after surgery.
 - b) Keep the head of your bed elevated on 2-3 pillows and try to sleep on your back. Some patients chose to sleep in a recliner.
 - c) Decrease your salt Intake. On the day of surgery, eat light meal. Otherwise continue a normal diet with less salt.

- 3) Bleeding: You may experience some normal oozing or bloody discharge from wounds for the first few days. If persistent, use moderate pressure and ice packs to the area. If profusely bleeding, contact your surgeon.

- 4) Vision: Your vision may be blurry immediately after surgery especially if applying ointment to the eyes or incisions.

- 5) Sutures: Typically removed or dissolve within about 14 days depending on the suture type.

- 6) Bumps: The eyelid Incision may feel bumpy after surgery. This will improve with time, but 3 weeks after the surgery, you can start massaging the eyelid incision gently to help the bumps dissipate quicker.

- 7) Patch: If a patch or bandage was provided, please keep it on for _____ bedtime. You do not need to remove it for medications. Start the medications on the area once it is removed.

- 8) Medications:
 - a) Apply lubricating artificial tears IN both eyes _____ times daily
 - b) Apply Vaseline/antibiotic ointment on incisions _____ times daily
 - c) Place antibiotic drops/ointment IN both eyes _____ times daily
 - d) Pain: Can take Extra Strength Tylenol or Ibuprofen as instructed on the box as long as you are not allergic and do not have problems with your liver. If given prescription pain medication, be sure your total Tylenol dose is less than 3g/day.

- 9) **If you have questions or problems, call. your surgeon at (405) 708-7876**