



Kavali
Plastic Surgery

EYELID SURGERY - POSTOPERATIVE INSTRUCTIONS

Congratulations! You have undergone a delicate operation around your eyes. The following information is intended for your well-being and will assist you during your recovery period.

Following surgery, you will go to the post-anesthesia care unit. Your eyes will be covered for about one hour. Cold compresses are continued for 24-36 hours. To make ice compresses at home, put ice and water in a small bowl, Dip a washcloth or gauze pad in the ice water, wring out the excess, and apply to your eyes. Use the compresses for about one-half hour at a time at intervals of approximately two hours.

All operations around the eyes are followed by some degree of swelling as well as black and blue bruising. This is to be expected. Most discoloration should be gone by ten days to two weeks. A few patients develop some redness in the white portion of the eyeball. This requires patience as it takes approximately three weeks to resolve. You may wear dark glasses outside.

The skin of the eyelids is elastic, but some excess is required for the normal opening and closing of the eyes. The eyelids are much like window awnings -smooth when down or shut and slack when up or open. For normal function, there must be some excess. Thus, do not expect your eyelids, when your eyes are open, to be without wrinkles - this would look unnatural. At first, the lids may feel tight and drawn and even show a pulling. This is due to swelling and healing and under normal circumstances will gradually resolve.

The excess skin and fat has been removed and, thus, cannot come back. However, over time, the effects of aging will continue. You may improve the appearance of your skin over the long term by avoiding sunshine. A #35 sunscreen is advised for everyday use. It is certainly beneficial to use a sunscreen for at least one year following surgery. You may also use facial creams to the eyelids.

Support from family and friends is very helpful, but because they may not understand what is normally expected after surgery, their comments may unintentionally create emotional stress. I will tell you honestly how you are progressing. Please trust in this experience.

You may experience a period of let down or depression after cosmetic surgery. It is natural to question your decision to have surgery during the period after surgery. As

you heal, this feeling will pass. If you feel depressed, understanding that this is a natural part of the healing process will help you.

Every one has the capacity to heal themselves to one degree or another. This ability depends on many factors including genetic background, your health and lifestyle (exercise, diet, smoking, drinking, etc). Dr. Kavali can assist in the healing process, but your cooperation and close attention is important.

Postoperative Instructions:

Postoperative instructions and suggestions are designed to facilitate or promote your recovery. We are partners in this process. If the unexpected does occur, I will assist you as much as possible. Please feel free to speak with me regarding any concerns you may have.

Please have someone assist you to and from your car on the way home and fasten your seatbelt. It is advisable that you not be left unattended. You should have someone help you undress and rest in bed. It is important to have a responsible person stay with you for the first 24 hours following your surgery. You should also have someone assist you to the bathroom and attend you closely for the first 24 hours following surgery, as sometimes there is weakness or lightheadedness following surgery.

Gently apply Bacitracin or Neosporin ointment twice daily with a Q-tip to your suture line. This is an antibiotic ointment that can be purchased at any drugstore without a prescription. There may be some itching, but do not rub your eyelids, as there is the risk of pulling open the incisions.

It is very important that you elevate the head of your bed to reduce swelling. It is advisable not to lie on your side, as this can cause uneven swelling. It is very important that you do not stoop or bend over for two weeks following your surgery.

Watch carefully for signs of unusual swelling or painful firmness with black and blue discoloration. The eyelids normally show swelling and discoloration but should remain fairly soft. Do not hesitate to call me if there is any question about pain or swelling.

Do not take a shower for two days after your surgery, instead take a bath as to be careful not to get your eyes wet.

Your sutures will dissolve after time, so do not worry about having them removed.

Makeup is permissible after approximately two weeks.

Do not make any important decisions or sign any important papers in the 24 hours following surgery, or anytime while taking pain medication.

Do not drive; operate machinery or tools until it is specifically allowed.

Diet: Begin with liquids and light foods (Jell-O, crackers, soups, etc.), gradually progressing to a normal diet.

Have your prescriptions filled right away. Use prescription medications for pain as directed. These medications can cause drowsiness, tiredness or loss of balance and may affect your vision, thus, do not drive or operate machinery while taking these medications. You should also be careful when walking and when performing day-to-day activities.

You may resume your daily prescription medications unless they are listed:

You may use Tylenol if you wish. However vicodin as well as other pain medications contain Tylenol. Thus, do not take these medications and Tylenol together as you may be taking too much Tylenol. Too much Tylenol can cause liver damage and other problems. If you are unsure about a particular medication, please call.

Call if you have any problem or question that concerns you. If it's after hours or on a weekend, call the office at 404-250-3333, wait for voicemail to pick up, then dial "0" to be connected directly to my cell phone.

If you need immediate attention, or for some reason are unable to contact me, go to the emergency room nearest your home or at the hospital where you had surgery. Some reasons to call:

- Fever greater than 101.5 F taken with a thermometer
- Pain not relieved by medication
- Severe pain
- Redness, warmth, drainage or odor from operative site
- Bleeding (small amounts of oozing may be expected)
- Persistent nausea and vomiting
- If you have any questions or concerns regarding your condition or surgery

Follow-up: Please call the office to make an appointment for 3 to 5 days after your surgery.