

# Eyelid Surgery Patient Information Pack

Post-operative care  
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This document is a general guide. Your surgeon may modify instructions based on your individual condition, procedure, and medical history. Always follow the instructions provided at discharge.

## Patient details

Name		Date of surgery	
MRN / ID		Surgeon	

## A. Post-operative Patient Information Sheet (Eyelid Surgery)

Patient name \_\_\_\_\_ MRN/ID \_\_\_\_\_  
Procedure \_\_\_\_\_ Side \_\_\_\_\_ Right / Left / Both  
Date of surgery \_\_\_\_/\_\_\_\_/\_\_\_\_ Anaesthesia \_\_\_\_\_ Local / Local + sedation / GA  
Surgeon contact \_\_\_\_\_ Emergency \_\_\_\_\_

## Your goals and our philosophy

Whether your surgery is cosmetic or functional, our approach is patient-first: we plan a bespoke procedure tailored to your anatomy and needs. We aim for a subtle, natural result - refreshed and still you - without changing your identity.

## Expected recovery timeline (swelling, bruising, and healing)

Common pattern (varies by person and procedure):

- Day 1-3: swelling and bruising usually peak. Tightness, mild watering, and a gritty sensation can occur.
- Week 1: bruising begins to fade; many people feel comfortable stepping out with sunglasses. Makeup is only after clearance.
- Week 2-4: swelling continues to settle; eyelids may look uneven during this phase - this is usually temporary.
- 6 weeks: scars soften; eyelid position and contour continue to refine.
- 3 months: final result is typically appreciable for most eyelid procedures. Some scar maturation may continue up to 6-12 months.

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## Medications (template)

Tick and fill as advised by your surgeon:

Medication	Dose / frequency	Duration	Notes
Antibiotic ointment (to incision line)	_____	_____	Apply with clean hands; avoid touching tube tip to skin.
Lubricating drops	_____	_____	Use if the eye feels dry or gritty.
Pain relief (e.g., paracetamol/acetaminophen)	_____	_____	Avoid aspirin/NSAIDs unless your surgeon allows.
Oral antibiotic (if prescribed)	_____	_____	Complete the full course if started.
Anti-swelling/anti-inflammatory (if prescribed)	_____	_____	Take only if advised.
Others	_____	_____	

## Cold and warm compresses

- Cold compresses: 10 minutes on, 10 minutes off (as comfortable) for the first 48 hours to reduce swelling/bruising.
- Warm compresses: after 48 hours, warm compresses may help bruising resolve faster (only if your surgeon advises).
- Always keep compresses clean and do not apply pressure on the eyelids.

## Incision and wound care

- Keep the area clean and dry on the day of surgery unless told otherwise.
- You may gently clean crusting with sterile saline/clean water on gauze; do not scrub.
- Do not apply skincare products, oils, or makeup on incisions until cleared (often 10-14 days).
- If you have an eye patch/shield, keep it as instructed. Do not rub the eye.
- Minimal discharge from the area of the area near the stitches is expected and can be wiped clean.

## Activity: do's and don'ts

Do:

- Sleep with head elevated (2 pillows) for 3-5 nights.
- Walk around at home; gentle activity is encouraged.
- Use sunglasses outdoors to reduce light sensitivity and protect from dust.

Avoid:

- Rubbing the eyes, heavy lifting, bending repeatedly, or vigorous exercise for at least 1-2 weeks (or as advised).
- Swimming, steam rooms, and saunas for 2 weeks.
- Alcohol for 48 hours; it may worsen swelling/bruising.
- Smoking/tobacco/nicotine exposure - delays wound healing.

## Vision, dryness, and contact lenses

- Mild blurring from ointment is common; vision should clear when ointment wears off.
- Temporary dryness, watering, or grittiness can occur; use lubricants if prescribed.
- Avoid contact lenses until advised (commonly 1-2 weeks).

## Physical Follow-up

- Typical review: 7-10 days (wound check / suture removal if needed), then 2-6 weeks, and at 3 months.
- Follow-up frequency may vary based on type of surgery.

## When to contact us urgently: Red flags

### Seek urgent medical attention if you have any of the following:

- Sudden worsening pain not relieved by prescribed pain medicine
- Rapidly increasing swelling, tense eyelids, or expanding bruising
- Active bleeding soaking dressings
- Fever, excessive discharge, or spreading redness
- Sudden drop in vision, severe light sensitivity, or double vision that is new/worsening
- Severe nausea/vomiting after surgery or inability to take medicines