

# DR DARRELL PERKINS

MBBS (Hons), BMedSc, FRACS

Provider No. 2048605W

DARRELL PERKINS  
ABN 34 797 785 470

KOGARAH  
AESTHETIC DAY SURGERY  
14 KENSINGTON STREET  
KOGARAH NSW 2217  
TELEPHONE: 9587 0871

MIRANDA  
SUITE 3, LEVEL 4  
531 – 533 THE KINGSWAY  
MIRANDA NSW 2228  
TELEPHONE: 9525 8400

AFTER HOURS: 0408 165 425

## Post Operative Instructions

### EYELID REDUCTION

1. Please take all medications as directed
2. Sleep on 2 or 3 pillows to keep the head elevated. This will reduce swelling
3. Avoid bending down. Keep your head elevated at all times
4. Always clean your hands before touching or caring for your wounds
5. Use cold saline or cold water (boil first then chill) packs frequently to reduce swelling and soothe discomfort
6. Clean the eyes with a moist cotton bud 3 times a day
7. If there is excessive redness or irritation with your wound/s, or signs of infection, or if you develop a fever above 37.5°, please telephone our rooms on the numbers above. If you are unable to contact us at the rooms, please telephone the after hours number instead
8. **If there is severe pain or visual impairment contact us immediately** – this would be an extremely unlikely occurrence

If eyes are dry or gritty discuss with Surgeon prior to purchasing lubrication for the eyes:

**Day:** “Refresh” or “Murine Revital Eyes” or similar eye lubricant

**Night:** “Viscotears Liquid Gel”

*Please take care when applying lubricant to your eyes not to pull on the upper or lower eyelid wounds*

Follow up appointment: .....

at:  Kogarah Rooms  Miranda Rooms

If you have any questions or concerns, please contact us on one of the numbers above.

**Please see the reverse for possible adverse reactions and drug interactions →**



<b>Medication</b>	<b>Possible Adverse Reaction</b>
Refresh Murine Revital Eyes	Stinging and burning
Viscotears Liquid Gel	Mild transient burning, sticky eyelids, blurred vision

If you encounter any adverse reaction/s to any of your medications, cease the medication and contact your Surgeon (refer to the Post Operative Instructions sheet) for further advice.