

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

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

