Elmé Aesthetics and Reconstructive Techniques

Eyelid Surgery Discharge Instructions

Thank you for allowing us to care for you. At Elmé we see you as a whole person, not just a patient. We know surgery and recovery can be a vulnerable time, and we want you to feel supported, informed, and cared for every step of the way. If you ever feel unsure or worried, please reach out-your peace of mind matters to us.

How to Reach Us
Office Mon–Fri 8am–4pm: (716) 320-3563
After Hours & Weekends: (716) 214-3644

When to Call Us-We're Here for You
If you experience any of the following, please call us right away. We would always rather hear from you than have you worry at home:

- Severe pain that does not get better with your medication
- Rapid swelling, bulging of the eye, or trouble moving your eyes in all directions
- Dimming or loss of vision that does not clear with blinking (and isn't just from ointment)
- Bleeding that won't stop, even with cold compresses

What's Normal After Surgery

- Some blood-tinged drainage or "bloody tears" for the first day or two is expected.
- Swelling and bruising will likely be at their worst the day after surgery-sometimes more on one side than the other.
- Bruising may start out bright red, then move down toward your cheeks and turn purple or yellow before fading. This can take a week or two.
- Your eyelids might feel numb, tight, or a little uncomfortable. This is part of the healing process and will get better with time.
- Ointment may blur your vision temporarily-don't worry, this is normal.

Taking Care of Yourself

Gentle Hands:

- Always wash your hands before touching your eyes, wounds, or applying medication or cold packs.

Cold Compresses:

- For the first few days, use a damp soft cloth with crushed ice or frozen peas over your eyes for about 20 minutes each hour while you're awake. This helps with swelling and bruising.
- If your eye is patched, start icing once the patch is removed.

Eye Drops & Ointment:

- If you are prescribed eye drops and/or ointment, please use as directed. Drops go in first, then ointment a few minutes later.

- If your eyes feel dry, sandy, or watery, you can use over-the-counter lubricating drops as needed.

Medications:

- Use Tylenol or Extra-Strength Tylenol for mild pain. If you need something stronger, use your prescription pain medication with food.
- Please don't take aspirin or NSAIDs (like Advil, Motrin, Aleve) for 2 days after surgery unless Dr. Gonzalez says it's okay.
- Blood thinners per prescribing provider
- Take any other prescribed medications (for nausea or swelling) as directed.

Rest, Activity, and Healing

- Take it easy for the first day or two. Rest is important-your body is working hard to heal.
- **Please use shielding when sleeping x 7 days**
- Sleep with your head elevated on a couple of pillows for the first two nights to help reduce swelling.
- Avoid bending over or lifting anything heavier than 20 lbs for the first week.
- Walking is good for your circulation, but listen to your body and don't overdo it.
- Please don't drive if your vision is blurry or if you're taking prescription pain medicine.

Hygiene & Self-Care

- You can shower 24 hours after surgery, but please avoid direct spray to wounds. Please do not scrub the wounds and blot to dry.
- Wait to use eye makeup or concealer on the surgical area until Dr. Gonzalez says it's okay.
- Hold off on contact lenses for at least 7 days, or until Dr. Gonzalez says it's okay.

Eating & Drinking

- Eat and drink as you normally would. Staying hydrated will help your body heal.
- Please avoid alcohol the day of surgery and while you're taking prescription pain medicine.

Healing Takes Time

Remember, healing is a journey. Swelling and bruising will fade, and you'll start to feel more like yourself each day. If you ever feel unsure, anxious, or just need reassurance, please call us. We're here to answer your questions and walk this path with you.

If you have any questions or concerns, please contact our team.

Thank you for letting us be part of your journey to healing.