

TRANSCONJUNCTIVAL EYELID SURGERY INSTRUCTIONS

You will need to purchase: Frozen peas, 4" x 4" gauze pads (optional), and prescriptions. You may also need a bottle of Liquid Tears for dry eye.

Evening Before Surgery:

1. Be sure all eye make-up and mascara is removed. Do not reapply until instructed to do so.
2. **NOTHING** to eat, drink, or smoke after midnight (if having general anesthesia).
3. Take medication as directed.

Morning of Surgery:

1. Wash your face thoroughly. Be sure *all* eye make-up is removed.
2. Bring dark glasses with you on the day of surgery.

After Surgery:

1. Remain quiet and keep your head elevated on two (2) pillows for the next three (3) days. Apply ice packs to eyes as much as possible for the first 72 hours. Make ice pads by placing a soft washcloth, cotton pad, or a 4x4 gauze pad in a bowl of melting ice and wringing it out thoroughly before applying. Or, use frozen peas in a plastic bag with a thin washcloth between the plastic and your skin.
2. Take your pain medication every three to four (3-4) hours, if needed. If you have no pain, do not take the medication. If you have minimal pain, take Extra Strength Tylenol.
3. If your eyes burn or sting, or if you are unable to close your eyes completely, place the Liquid Tears in your eyes every four (4) hours.
4. This type of surgery is done with the incision made on the inside of the eyelid, so you do not have an incision to take care of.
5. **DO NOT** do any bending, straining, or heavy lifting. Normal, leisurely activity can be resumed whenever you are comfortable; however, strenuous activities that could cause your blood pressure to rise should be avoided for 10-14 days following your surgery.
6. You may bathe, shower and shampoo your hair 24 hours after your surgery.

Other Instructions:

1. Avoid yawning or pulling the eyelids for one (1) week.
2. Swelling and bruising is almost always more than you expected. Bruising usually resolves in two (2) weeks. It is not uncommon for one side to be more swollen or discolored than the other. The whites of your eyes may be blood shot. Your cheeks may also be bruised. It is not unusual to have small amount of bloody fluid from the eye; however, you should call the office if you are experiencing continuous bleeding, severe pain (particularly on one side), vision changes or sudden increase in swelling beyond the first few hours.
3. Contact lenses may be worn four to eight (4-8) days after surgery. Dr. Sullivan will instruct you when it is safe to use them. **DO NOT** excessively pull up or down on your eyelids to insert them. Glasses may be worn on the first day. Dark glasses are recommended to protect your eyes from irritation of wind and sun for one to two (1-2) weeks following your surgery.
4. Your usual eye makeup may be worn four to five (4-5) days after surgery.
5. You may drive when your vision is clear, the swelling has subsided and you are off the prescription pain medication.

Please do not hesitate to call Dr. Hobgood if you have any questions or concerns.