

.Abstain from exercise for 2 weeks.  
 .Wound care: Do not use any cream/ ointment over it as it may cause it to peel. It will fall off its own accord in 5-7 days. Do not try to pull/scrape from the edges.  
 With lower eyelid surgery, be mindful not to distract / pull the lower lid, to instill the eye drops/wipe tears from the eye. As far as possible, avoid touching/pulling the lower lid for 6-8 weeks after surgery. This may undo the stitches leading to an undesired outcome. Lowering or irregularity of the lower eyelid (depending on the degree, termed scleral show or ectropion) can sometimes occur as a result of the pulling effects of scar tissue in some people. This usually settles with time /massage, and in fact it is very rare that corrective surgery is needed.  
 .Recommence any regular medication that you take (i.e. blood pressure tablets) as soon as you are able to drink, unless specifically instructed not to  
 .Avoid sunlight as much as possible for 3 months after surgery and use a high filter sun block (at least SPF>15)  
 .Do not start local massage until instructed to do so.  
 .Should you experience any pain, you may take one or two pain relieving tablets (such as paracetamol) as required up to 4 hourly.  
**DO NOT TAKE ASPIRIN OR PRODUCTS CONTAINING ASPIRIN**

#### TO HASTEN HEALING/ FOR A FASTER RECOVERY

1. Try to sit upright as much as possible to help reduce the swelling. At night use an extra pillow to ensure that your head is above the level of the heart and avoid any straining.
2. It is advised that you keep a freezable eye mask, prior to your operation and alternate applying this to the eyes with something cold from the freezer (such as a bag of frozen peas) or another eye mask.
3. Apply cold compresses to the eyelid area intermittently for 48 hours. It is recommended to apply for at least 5min every waking hour. Never apply ice packs directly on the skin.
4. Lymphatic massage may help reduce the swelling and hasten recovery. This will be demonstrated to you before discharge and can be performed 3-4 times in a day. Often patients like to do this while watching television and find it relaxing as well.

#### YOU SHOULD CONTACT US IF ANY OF THE FOLLOWING OCCUR:

- .Fever greater than 100 For 38.5C
- .Fresh bleeding other than that of a minor nature.
- .Excessive swelling which progressively increases.
- .Pain not relieved by two pain relieving tablets.
- .Any discharge from the incision sites after 48 hours.
- .Any sudden disturbance in vision or the feeling of something sticking in your eye

#### OCULOPLASTIC SURGERIES AVAILABLE AT LILAVATI HOSPITAL

##### Eyelids

- Droopy eyelids |Ptosis
- Blepharitis
- Puffy Eyes /Eyelid Bags
- Inturned Eyelids (Entropion)
- Outturned Eyelids (Ectropion)
- Lagophthalmos
- Trichiasis (Ingrown Eyelashes)

##### Orbit

- Socket Reconstruction
- Eye Removal
- Artificial Eye

##### Facial Aesthetics

- Lumps and Bumps around the eyes
- Scar Revision
- Xanthelasma

##### Facial Rejuvenation

- Botox & Fillers
- Blepharoplasty
- Brow Lift

##### Lacrimal Disorders

- Watery Eyes
- Dry Eyes
- Pterygium

##### Thyroid Eye Disease

##### Eye Trauma

##### Eye Tumors



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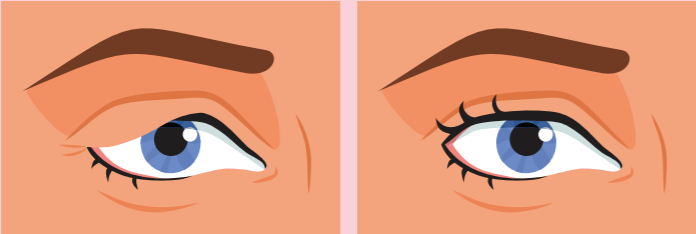


## OCULOPLASTIC SURGERY PLAN YOUR EYELID SURGERY

For Appointment Contact 022-69318229

**IN PREPARATION FOR YOUR SURGERY**

You are scheduled to undergo\_\_\_\_\_ with,\_\_\_\_\_ at Lilavati Hospital and Research Center, Bandra on\_\_\_\_\_ at \_\_\_\_\_ Please arrive by\_\_\_\_\_

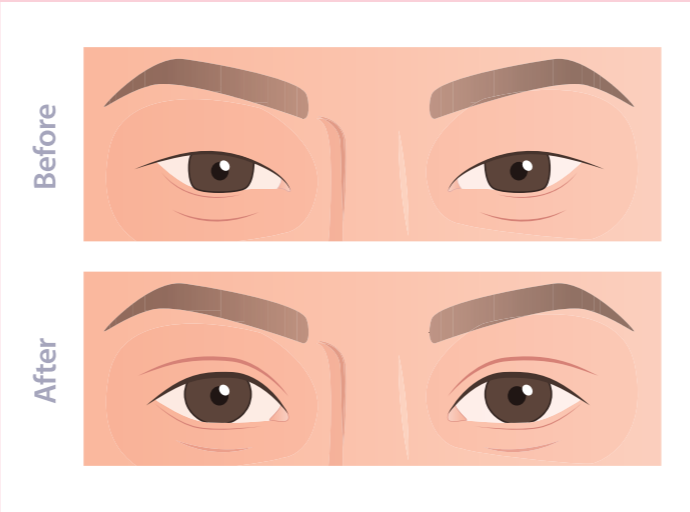


**WHAT TO EXPECT AFTER EYELID SURGERY**

- 1.A As eyelids are a very delicate part of the body, you can expect significant swelling and bruising after surgery. This can occasionally extend to the lower lid and cheek as well. Do not be alarmed. This will settle with the medicine prescribed and on its own.
  - 2.Everyone recovers from their anaesthetic differently. Some people feel no side effects while others are more noticeably affected, feeling tired and even sick for the first couple of days. Avoid any sudden bending movements for the initial couple of days after surgery.
  - 3. There is likely to be some degree of soiling or staining from the surgical incision sites so it is advisable to use older bed and pillow linen.
  - 4..The bruising and swelling will start to subside after about 3 days and most of the obvious swelling will be gone within 2weeks
  - 5. You may experience a gritty sensation in the eyes for the first few days. Occasionally, what appears to be a transparent sack of fluid develops and covers part of the eye (chemosis). This may look alarming but you should not be concerned as it mostly settles on its own.
  - 6. Stitches if present, are usually removedina5-7 days.
  - 7. Travel: Avoid hectic traveling schedules for the 1st week, until stitch removal.
- Light comfortable travel may be undertaken after 3 days if necessary. Remember you have to avoid bending down, lifting heavy weights, and going in dusty environments. Most people are comfortable to travel 5-7 days following the procedure.

**BEFORE SURGERY DOs & Donts**

- .Carry your blood reports/ pre operative check done.
- .Inform the doctor / staff if your clinical condition has changed since you were last examined.
- .Write down any concerns/questions you have and discuss them with the your surgeon before the surgery.
- .Feel free to take paracetamol if experiencing any pains or discomfort for any reason prior to surgery.
- .Take any regular medication (i.e, blood pressure tablets) prior to and up to the day of surgery. You can use up to 20-30mls of water to help swallow any tablets even within the 6 hour pre-operative fasting period mentioned above.
- .Shower or bath in the morning or evening prior to surgery, cleansing your entire body.
- .Remove any contact lenses, nail polish, jewellery and all makeup at home before coming for surgery.
- .Wear comfortable and loose clothing to the hospital
- .If you are taking any medications to thin your blood (aspirin / clopidogrel warfarin/ apixiban / rivaroxiban), make sure you have specific instructions as to if when you need to stop and restart these. If in doubt, contact the



**AFTER SURGERY DOs X DON'TS:**

- You may drive after 72 hours if your vision is not altered through swelling.
- Wound care: Iftheskin has been dlosed with glue, try to keep the area dry.
- If stitches are present, dressing should be done twice a

day. Soak an eye pad in water and rest it over dosed eyes for 2 min. Bathe the eyelids and incision site with boiled cooled water and cotton buds. Apply a thin layer of ointment over the incision.

-Eat lightly with small meals throughout the day to minimise sickness. If necessary, cut food into small bite sized pieces to facilitate chewing and digestion

Drink plenty of fluids in the form of water and fresh juices for the first few days after surgery.

Reduce caffeine and carbonated drink intake in the first few days.

You should abstain from alcohol during the first week following surgery.

It is important to note that salty foods can contribute to fluid retention and swelling so reduce these in the first 7-10 days. In order to avoid constipation eat plenty of fresh vegetables and dried fruits. Overall, try to eat a balanced diet to ensure your body is getting all the important nutrients it needs in the immediate post-operative healing period.

Wear comfortable front opening and loose clothing at night and in the day. Ideally wear garments that do not need to be pulled over your head.

Don't have anything to eat/ drink at least 6 hours prior to your surgery unless advised otherwise.  
Don't smoke for at least6 weeks before and 2 weeks after x Do not over do alcohol.  
You don't have to stop all alcohol intake but it would be sensible to keep Intake to a minimum for 1 week prior to surgery.

Avoid the following oral preparations atleast 2 weeks prior to and 2weeks after surgery  
. Excessive ginger/ garlic in food  
. Vitamin E/Evening Primrose Oil / Salmon Oil / Codliver Oil/ Ginseng  
.Anti inflammatory medications (NSAID's like Ibuprofen,