

TRANSCONJUNCTIVAL EYELID SURGERY INSTRUCTIONS

Before your procedure, you will need to purchase: Frozen peas or ice packs, 4x4 gauze pads (optional), and prescriptions. Also buy some liquid Artificial Tears (Systane is a good brand).

Six weeks before surgery:

Quit smoking. Smoking inhibits wound healing.

Two weeks before surgery: All aspirin and aspirin-like products (ibuprofen) need to be discontinued unless your doctor requires you to take it. (See list of medications containing aspirin and aspirin-like products.) *Please let Dr. Sidle or his staff know if you must continue medications.*

Evening before surgery:

1. **NOTHING** to eat, or drink after midnight if you are having general anesthesia or sedation.
2. **No smoking.** Smoking is detrimental to wound healing.
3. Take medication as prescribed.

Morning of surgery:

1. Wash your face thoroughly. Be sure **ALL** make-up, including eye make-up, is removed. **NO MAKE-UP**
2. If desired, you may bring dark glasses with you.
3. Remove your contact lenses. You will not be able to wear them post-operatively. You may bring glasses with you if you need them to read.
4. Remove all jewelry.
5. Take your normal medications with a sip of water only.
6. If you were prescribed an antibiotic, take the first dose with a sip of water before coming to your procedure. If your procedure is in the operating room, your antibiotic will be given there.

After surgery:

1. Remain calm and quiet and keep your head elevated on 2-3 pillows. Keeping your head above your chest at all times will help reduce bruising and swelling. A reclining chair is a good option.
2. Apply ice pads or bags of frozen peas to your eyes for 30-minute intervals while you are awake for the first 72 hours. (30 minutes on, 30 minutes off) The ice pads may be made by placing a washcloth, cotton pad, or a 4x4 gauze pad in a bowl of

DOUGLAS SIDLE, MD

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- melting ice and wringing it out thoroughly before applying. Or, use frozen peas in a plastic baggy with a thin washcloth between the plastic and your skin.
3. Take your pain medication every 6 hours, if needed. Take any narcotic pain medicine with food to ease the stomach. If you do not have pain, do not take the medication. For minimal pain, take Extra Strength Tylenol **ONLY**.
 4. **DO NOT TAKE** any aspirin or aspirin-like products such as ibuprofen.
 5. Vomiting and retching is not good for eyelid surgery. Report this to your doctor immediately.
 6. 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.
 7. **DO NOT** bend over, strain, or do any heavy lifting or strenuous activities. Please consult with Dr. Sidle before resuming any exercise activity. Try to avoid situations that cause your blood pressure to rise as this could cause bleeding. You may drive when your vision is clear, the swelling has subsided and you are off the pain medication. You may bathe, shower, and shampoo your hair 24 hours after surgery.
 8. You can expect bruising and swelling around the operative sites. You should call the office if you experience any continual bleeding, severe pain (particularly on one side), vision changes, or a sudden increase in swelling beyond the first few hours. It is not unusual to have a small amount of bloody fluid mixed with tears from the eyes for a few days. If you have vision changes call Dr. Sidle immediately or go to the emergency room.
 9. If your eyes burn or sting, you may use Artificial Tears (Systane) in your eyes every four hours.
 10. Avoid yawning or pulling the eyelids for 1 week.
 11. Swelling and bruising is almost always more than you expected. It is not unusual for one eye to be slightly more swollen or discolored than the other. Your eyes and cheeks may be bruised. The whites of your eyes may be bloodshot. This will gradually subside, and be markedly improved in 1-2 weeks. You may wear dark glasses to protect your eyes from the irritation of wind and sun, and also to partially mask the bruising.
 12. Contact lenses may not be worn until Dr Sidle tells you it is safe to wear them, usually around 7 days after surgery. Glasses may be worn the first day after surgery.
 13. Your eye make-up may be worn 1 week after surgery.

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

Office 312-695-8182