TOTONCHI
PLASTIC SURGERY

Care after Ptosis Correction Surgery

This page contains answers to frequently asked questions regarding your care after a ptosis correction. This information will help you remember the instructions given to you after surgery.

Appearance:

- The incisions will be repaired with clear very fine sutures.
- The eyelids will be a bit bruised, puffy, and sometimes weeping a clear red to yellow fluid. This is normal.
- Your eyelids will be more swollen in the morning and will gradually improve during the day. It takes 10 days to 3 weeks for most of the swelling to resolve, sometimes longer.
- The eyelids will feel mildly painful and sometimes itchy. Your eyes may feel dry from the swelling and the medications used during the surgery.
- We will have you use artificial tears/ointments to keep your eyes lubricated. We also recommend wearing wrap-around sunglasses when you are in bright light. They will provide protection from both the light and air movement.
- You may use hypoallergenic eye make-up two weeks after your surgery.
- You may use soft contact lenses 2 weeks after your surgery. Use of hard contact lenses normally requires more recovery time before you are comfortable wearing them, so plan on 3 weeks after your procedure.

Activity/Bathing/Sleeping:

- We recommend using cool compresses (not ice) for 10 minutes out of 30 min for up to 12 hours after your surgery. This will help to minimize bruising.
- Take it easy for several days following the surgery and gradually increase your activity as you feel more comfortable.
- **Do not lift more than 5 lbs and avoid bending below heart level for 3 weeks.**
- **No heavy exercise for 4 weeks** and be sure to gradually return to your normal exercise routine.
- You may drive once the swelling resolves and you are no longer taking narcotic pain medication.
- You should be able to return to your job in 2-3 weeks or when you are comfortable. If your job does not require heavy activity, you should be able to go back in 7 to 10 days.
- You can normally bathe/shower **4-5 days after your surgery** using a mild fragrance-free soap such as Ivory or Dove. Avoid using hot water.
- Avoid allowing water to run directly over your eyelids.
- Sleep elevated on your back for two weeks in a semi reclined position.

Drain/Incision Care:

- Drains are not used for this procedure.
- Your incision will be inside the upper eyelid. Please use the steroid eye drops provided to you 3 times a day.
- Apply the eye ointment to both of your inner upper eyelid incisions in the evening before you go to sleep.

Diet:

- We recommend a diet consisting of high protein and easily digestible foods (i.e. toast, rice, bananas, eggs, chicken, oatmeal, protein shakes, etc.)
- Do not drink alcohol for a couple weeks after your surgery or while taking narcotic pain medicines
- Limit your salt intake to help decrease swelling. Please refer to the “Medications and Foods to Avoid” List provided in your Pre-Surgical email sent

Medication:

- We will prescribe an antibiotic, pain medication, an eye ointment/drops, and nausea medication for you. Please refer to your Pre-Operative Medication List provided at your pre-operative appointment for instruction on use.
- The pain medication will make you feel drowsy.
- A stool softener (Colace) is recommended after surgery.
- Please use rewetting eye drops for comfort. Steroid eye drops should be used 3 times a day, while the steroid eye ointment should only be used prior to sleeping
- Typically, a few days after surgery Tylenol will be adequate to treat discomfort
- Do not use aspirin, ibuprofen (Motrin) or other NSAID medication for 7-10 days after the surgery.

Post-Operative Appointments:

- You will normally be seen in the office within **3 to 5 days of your surger**y.
- Additional appointments may be necessary and will be determined by your recovery.

We are always available if you have any questions, please call 440-461-7999.

Post-Operative Concerns: Urgent problems after eyelid surgery do not occur frequently. These are the complications that will require a change in your post-operative care:

- **Vision Problems**
  - If you experience any change in vision, “flashing lights”, or loss of peripheral vision, contact our office immediately.
- **Hematoma** (blood collecting under your eyelids) can occur within hours of your surgery. The warning signs are:
  - Severe pain that does not respond to medication
  - Significant swelling of an eyelid
  - Excessive or growing bruising of an eyelid
- **Infection** is rare following eyelid surgery. It is normal to have a very small amount of drainage from your incisions for one to two days. Signs of infection are:
  - Increased temperature
  - Increasing drainage from the incisions
  - Increasing redness around the incisions
- **Leg swelling** (with or without associated pain) may indicate a problem with the vein circulation in your leg(s). If you have a large amount of leg swelling (either one or both legs), or if you experience pain in your legs, contact the office immediately.
- **Breathing problems** after eyelid surgery are rare but can be a serious complication. If you develop any chest and/or back pain or shortness of breath, you must contact our office or be seen in the nearest emergency medical facility without delay.
- **Medication reactions** may occur with the drugs prescribed for you. If you develop a skin rash, itching, vomiting, or diarrhea, stop taking your medication and contact my office.

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For educational content, practice updates, and patient resources, follow Dr. Ali Totonchi on social media and visit our website:

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