

Preparing For Your Procedure

Please arrange to have a driver for after your procedure. After the procedure there can be swelling, bruising, lumps, and bumps. These gradually decrease over the course of a couple of weeks but get significantly better after the first three days. It is normal for the eyelid and eye to be red, swollen and bruised, A small amount of bloody fluid draining from the wound is normal for a few days. Brisk bleeding not responsive to pressure should be reported. Swelling usually reaches its maximum on the morning after surgery, while bruising may increase slightly for several more day.

If you were given an antibiotic ointment, gently apply a small amount to any stitches three times a day. Use a clean fingertip rather than a dry Q-tip, which may leave behind cotton in the stitches. If you eyes feel irritated, the ointment may be applied in the eye. If you have surgery done through the back of the eyelid and you were given ointment, put ¼ inch of the ointment in the eye by pulling your lower lid down and putting it in the pocket of the lower lid three times a day

It is okay to put make-up on three days after your procedure. It is always good to avoid high dose vitamin E, herbal medications, supplements (like fish oil, omega-3's), anti inflammatories (like naproxen, Aleve, ibuprofen, Indocin, piroxicam, sulindac, ecotrin, Bayer, aspirin, Motrin, Excedrin), and other blood thinners 2 weeks before and two weeks afterwards. If you are scheduled to have your procedure sooner than two weeks, stop those medications at the time of scheduling.

If you were given Valium to take before the procedure, take two 5 mg tablets 1.5 hours before you come in for your procedure on a relatively empty stomach. You can eat a light meal before your procedure. If you are still feeling very anxious 30 minutes before your scheduled time, you can take one more tablet. Save one tablet for your arrival. If we feel you need to have the fourth tablet, we will let you know.

Immediately after your procedure you should try your best to ice the area for 15min every hour. Icing is best the first 2-3 days. You can use ice but do not directly apply the ice to the skin. There should always be something in between the ice and your skin so you don't freeze or damage your skin. Plastic zip lock bags are great for this purpose. Frozen peas and cucumbers in a zip lock bag are a common recommendation. Commercially prepared icepacks are also very commonly prescribed.

For the first 48 hours it may be prudent to avoid hot showers (use lukewarm water), as well as hot (temp) or spicy foods. Try to keep things cool for the first 48 hours and limit your activity if possible. For the bruising you can alternate between warm and cold compresses after the first 48 hours.

The sutures that are placed are made of a dissolving material and will disappear over the next couple of weeks, but we will make you an appointment in 7-14 days to have the residual sutures that remain removed.

If you have **increased** redness, swelling, or tenderness 2-3 days later this could indicate an infection and you should call us immediately at 425-889-2020. We will do everything we can to take care of you. Please contact us anytime via email at kirklandeye@gmail.com or by calling us.