



## **Post-operative instructions for non-incisional double eyelid surgery**

*You will have swelling that will likely increase in the first 48 hours and then begin to reduce. During this time, your eyelid folds will appear thicker and deeper than what you initially expected. Once the swelling begins to reduce, this will improve in appearance.*

1. Cold packs - please continue regular cold pack use for the 1st 48 hours to minimise swelling. Using a wet kitchen towel that has been stored in the refrigerator is the best option and you should allow this to rest on your eyes with minimal pressure. Please do not compress the eyes as it will risk rupturing the suture
2. You should remain upright as much as possible. Walking is a good exercise during the time of swelling but do not perform vigorous exercises. Sitting and lying with two -3 pillows so that your head remains elevated will also help
3. Pain relief - you should expect to require regular Panadol and possibly Nurofen to control pain. If this is not enough, please contact our office for a review
4. Sun - please avoid direct sun exposure. Use sunglasses at all times when outside during daylight hours
5. Contact lenses - should not be used for the first 2 weeks after your operation. Please use normal prescription glasses
6. Eye rubbing - It is important that you do not rub your eyes for 2 MONTHS after your operation. This will risk rupture of the suture.
7. Eye irritation - Your eyes may feel dry or itchy for the first 2 days after the procedure. If this happens, you may use some lubricating eye drops (no prescription required) to provide relief. If the problem continues beyond 48 hours, please contact our office for a review

