



### **Eyelids w/ Fat Repositioning Post-Operative Instructions**

1. You will be in the recovery room until you are stable enough to be discharged (it could be 30 minutes to a few hours).
2. Make sure that you check your vision every hour for the first 24 hours while awake. If you cannot see your fingers and you have severe pain in the eyes, call Dr. Rostami and go to the nearest emergency room.
3. You will have swelling and bruising, maybe even down to your neck, from eyelid surgery. Usually, the swelling is worse during the 2<sup>nd</sup> and 3<sup>rd</sup> post-operative days. All of these will resolve within 2 to 3 weeks. Complete recovery can take up to 9 to 12 months.
4. Apply ice pack or frozen peas to your eyes for 20 minutes every hour the first 24 to 48 hours. This will minimize the swelling and the bruising.
5. Take Tylenol or Extra Strength Tylenol for any pain or discomfort. Remember, if the pain is excessive, call Dr. Rostami.
6. Apply the Maxitrol or Tobradex ointment to the surgical area three times a day for one week.
7. You might notice small cotton balls on the mid cheek area on both sides, this will remain in place until your 1-week post op appointment, they might fall off before 1 week and that's ok. Just keep the area moist with over the counter Bacitracin ointment, be gentle and use a Q-tip to apply.
8. You should take a bath or shower from the neck down. Warm showers may be taken 48 hours after your surgery. Use bottled water, distilled, or boiled water but **NO TAP WATER**. Gently pat the area dry - do not rub it.
9. You can watch TV or read as soon as you are sent home. You also can return to all your activities 24 hours after surgery, as long as you keep the surgical wound clean and refrain from being over-active.
10. You must not remove any sutures from the surgical area.
11. Use your medications as prescribed by Dr. Rostami and finish them all.
12. If you develop any rash or hives from any of the medications, discontinue the medication and call Dr. Rostami immediately.
13. You will be seen in the office either the next day or one week after the surgery.
14. There are some sutures that will be removed 5 to 7 days post-operatively, and some that will be removed around 10 days post-operatively.
  - \* As stated in the pre-operative instructions, our practice recommends the use of Homeopathic Arnica Montana as an aid in the healing process for your surgery. This product helps minimize bruising, swelling, and redness; while aiding in a more timely recovery. We recommend this use solely upon the discretion and approval of your primary care physician, which is your responsibility to obtain. You can get this product at any local vitamin store. Our office occasionally

carries Arnica Montana, and if it is in stock, you are welcome to purchase it directly from us.

15. If you have any other questions please do not hesitate to call Dr. Rostami at the office (703) 893-3937 or her cell phone at (202) 413-5772.