

Ptosis repair surgery

Before your surgery:

Stop all aspirin and blood thinning pills (anti-inflammatory and anti-coagulants) 2 weeks before your surgery. If you are taking Coumadin or Warfarin, you may be asked to stop two days before your surgery and have your INR tested one day before your surgery.

Arrange for someone to pick you up after your surgery. This is very important. You will not be able to leave without someone to take you home.

On the day of your surgery:

- eat a light breakfast (e.g. juice and toast)
- Take your regular medications, except blood thinners and aspirin
- Remove any facial makeup
- Wear loose comfortable clothing

What to expect during surgery:

You will be given a sedative to help you to relax and your eyelid(s) will be frozen with local anesthetic. During the procedure, you will be sitting up. The doctor will ask you questions and give you directions to open and close your eyes as needed.

After the surgery:

Apply cold compresses on closed eyelids for **5 to 10 minutes every hour while awake for the first 48 hours**. After the first 48 hours, apply cold compresses to the eyes 4 times a day for one week. Cold compresses reduce swelling and ease discomfort.

How to make a cold compress:

Use a clean face cloth and cold tap water with a few ice cubes in it. Squeeze out the water and hold cold cloth over the wound for 5-10 minutes. A bag of frozen peas or corn wrapped in a tea towel may be used instead if you wish.

- Wash your hands well with soap and water. Apply polysporin eye ointment to a cotton-tipped applicator. Gently roll the applicator with ointment onto the wound along the suture line (wound) or lid **after the cold compress**. Avoid touching the tip of the bottle or tube to your eye or skin to prevent an infection.
- Your wound may ooze some blood for the first 2-3 days. Place an old towel over your pillow while sleeping.
- You may have swelling or bruising on your eyelids in the first 3 days after surgery. This will gradually improve. Your stitches will be removed at your follow-up visit.
- Elevate the head of your bed to minimize swelling.

- As the wound heals, a crust will form along it. This crust will fall off by itself. **Do not pick or touch the wound.**
- If you have pain after the surgery, take the pain medication prescribed by your doctor. Do not take any aspirin or aspirin containing medicine. Aspirin can sometimes cause bleeding.

When to seek medical attention:

- if the wound is bleeding a lot
- if the wound separates
- if there is discharge or increased redness of the lid skin
- if you lose the vision in one or both eyes and/or have sudden and severe pain in the eye itself. This may indicate bleeding behind the eye.

Activities

- no strenuous activities for 2 weeks
- no bending for 48 hours

You may carry on with normal daily activities except for swimming. This should be avoided until your stitches are removed and the wound has healed to prevent infection.

Book a follow-up appointment with the surgeon for 10-14 days after the surgery.