

جامعة الإمام عبد الرحمن بن فيصل IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي King Fahad Hospital The University

Eyelids surgeries



What are the instructions that I have to follow

before the surgery?

- Stop all blood thinning medications at least a week.
- Stop herbs that might cause bleeding.
- Decrease the caffeine drinks.



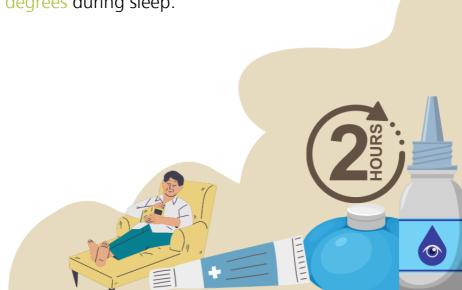
❖ What are the instructions that I have to follow

on the day of the surgery?

- Stop drinks and food at least 8 hours before surgery.
- Take your antihypertensive medication.
- Remove any trace of makeup.
- Attend on time.



- What are the instructions that I have to follow after the surgery?
- Use the ice pack every 2 hours for two days to decrease the eyelid swelling and ecchymosis.
- Use the eye lubricating drops especially in the first two weeks after operation
- Use the antibiotic ointment over the wound twice a day for two weeks or as recommended by the physician.
- Take a rest and try to elevate the head with
 45 degrees during sleep.



- What are the instructions that I have to follow after the surgery?
- Avoid exercise for two weeks after the operation.
- Avoid bending and kneeling for one or two weeks after the operation.
- Avoid rubbing the eyelid for two weeks.
 - Try to keep the eyelid wound clean and avoid water,
 soap, and cosmetics for two weeks.



- What are the instructions that I have to follow after the surgery?
- Decrease or stop smoking in the first two weeks to improve wound healing and decrease the risk of infection.
- You can use your mobile and watch TV and do some non-stressful work.
- You must visit the doctor after 7-10 days to evaluate the wound and remove the sutures.



❖ What will I notice after the surgery?

- There is a small amount of blood from the wound on the first day.
- There is swelling in the eyelid after the surgery, and it may begin to improve in the first week. in some cases, it continues for one month.
- The appearance of bruises in the eyelids that may appear at the lower eyelid, starting in weeks.
- When there is severe swelling, severe pain in the eye, or a noticeable change in vision, you must go to the emergency immediately.



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Sources and References:

All pictures used are from Canva.com

Review and Audit:

The content of this booklet was reviewed by Ophthalmology Consultants at King Fahd University Hospital.

Ophthalmology Department Health Awareness Unit IAU-22-281

