Precautions After Middle Aged Eye Surgery

Posture

Sleeping on your back with your head elevated above your heart for 3~4 days after surgery help reduce swelling edema. However, it is not a must-do posture, so if you feel uncomfortable, you can just sleep flat on your back.

Swelling

1. Both eyes right after surgery can never look the same. Even the smallest difference can seem very exaggerated at first because of the swelling.
2. The major swelling usually goes away within 1-week, the residual swelling can last for more than 1 to 3 months.
3. For cold compress, you only have to do it until first 3 days after surgery. After that, cold compress won't be as effective. In extreme cases of bruising, from the 3rd day after surgery, you may use warm compress because it helps dissolve the bruises.

Precaution when using warm compress

- You can use the compress after soaking it to be warm enough in warm water. (Do not use microwave)
- After surgery, the sensation at the surgical area and its surrounding area may be temporarily dull, so make sure to check the temperature of the compress with your other part of the skin (such as, inner part of your arm) before putting it on the surgical area. This is to prevent skin burns from occurring in the surgical area.

Wound Care

1. Please refrain from rubbing or closing your eyes too hard.
2. There could be blood pool at the surgical area right after the surgery. Rest assured.
3. The stitches will be removed within 3-10 days following the surgery, depending on the condition of the wound.
4. Apply a small amount of eye ointment to the stitched area using a cotton swab lightly twice a day (morning & evening). [If you feel your eyes dry, apply it inside your eyes before you go to bed]
5. Please do not pick at the scabs off yourself. Removing the scab intentionally can increase scarring and slow healing. They will fall off once the wound is healed.

Face Washing, Shower & Makeup

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1. 3-4 days following surgery, it is mostly okay if clean water touches the wound lightly. However, do not let the water come into contact with the surgical area until the stitches are removed.
2. Face washing and light makeup (base makeup, skin makeup, etc.) are possible starting from the next day after the stitches are removed.
   - Be extra careful when opening your eyes and do not rubbing your eyes.
   - For patient that underwent 'Under Eyes Fat Repositioning', you can lightly wash your face start from the 3rd days after surgery. However, there may be differences depending on the surgical approaches.
   - Heavy eye makeup is only possible 3-weeks after surgery. You can even use makeup cleanser/remover and gently wash it off.
3. It is advised to wait for about 1 month+, if you want to get false eyelashes done, and wait for 3 months+, if you want to get a semi-permanent cosmetic tattoos done.
4. For using lenses, it is best to use it 3 weeks after surgery.
5. Sauna, steam baths, swimming are prohibited for 1-month after surgery.

Exercise

Light exercise is possible from 1-week after surgery. Strenuous exercise (Gym workouts, hiking, swimming, etc.) are possible start from 1 month after surgery.

Medication

1. It is important that you take the prescribed medicine regularly at the same time every day, and if you experience symptoms such as diarrhea, or rash, please stop taking it and contact our hospital.
2. The prescribed medication contains painkillers, but if you still experience significant pain after taking it, you may additionally take Tylenol.
3. Since multi-vitamin (especially, vitamin E) can cause bleeding, it is recommended to avoid taking it for at least 1-month after surgery, unless it is necessary. (Please avoid taking aspirin for 1-week after surgery.)
4. It is advised not to take anti-inflammatory medicines because it can cause bleeding.

Alcohol Drinking & Smoking

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Alcohol and smoking are prohibited for 1 month.

: Alcohol may cause inflammation around the surgical area and delay recovery.

: Smoking may also delay recovery and cause scarring.

Post-Surgery Progress

1. Bruises, eyes bloodshot & conjunctivitis can last for about 2~3 weeks after surgery. In particular, it usually happen to those who also underwent lateral, lower lateral canthoplasty. However, some patients are worried because it is their first time seeing it and worried about it. It is common, therefore, rest assured. Most of it will cleanly fade away, however it can take some time depending on your body recovery speed.
2. The final shape of the eyes will settle to its place around 3~6 months after surgery. Asymmetries due to initial swelling phase mostly improve over time.
3. In some cases, you may experience foreign body sensations in your eyes. You may also feel sensitivity to light, blurry vision, and the focus of your eyes may not be quite right. Most of them will improve as time passes by. If you feel uncomfortable with it, please apply artificial teardrops (you can purchase them at the pharmacy or CVS) frequently.
4. For 'Under Eye Fat Repositioning' through the conjunctiva incision, you may experience some blood flowing out looking like blood tears, for about 1-week after surgery. Rest assured, this is not bleeding. However, if the symptoms last longer than expected, please visit our hospital.
5. For 'Lower Blepharoplasty', after the surgery, please do not focusing pressure to your face or applying force to it as there is bleeding risk. Please be extra careful.

※ If you have had an incision (double eyelid, lower eyelash, upper eyelid, lower eyelid), please refrain from raising blood pressure, such as putting strength on your face or loosening your nose, for one month.

Emergency Hotline

If you experience severe eye pain, vision changes, or sudden severe swelling within 24 hours after surgery, please contact the assigned manager's work phone number immediately. If you cannot be reached after working hours (after 7 PM), please contact the emergency number **(02.512.1288)** and visit the clinic.