



## **General Aftercare Instructions**

For In-Office Procedures and Minor Surgeries

### **Bleeding**

Mild bleeding from the surgical site is normal. Apply gentle pressure and use ice packs while sitting upright. If bleeding persists, pain worsens, or swelling becomes concerning, please call us at (210) 495-2367.

### **Swelling**

Swelling is expected and typically peaks within the first few days. Elevate your head while sleeping using 1–2 firm pillows. Do not sleep face-down. If provided, wear eye shields as directed—especially while sleeping. During the day, protective eyeglasses or sunglasses may be worn. Swelling may extend to the cheekbone and can resemble a blister.

### **Ice Packs**

Use ice while awake:

- Apply for 20 minutes on, then 20 minutes off
- Lightweight bags of frozen peas or corn work well
- After 48 hours, apply ice 4–5 times per day for up to one week

### **Washing**

- Do not wet sutures / stitches for the first 72 hours
- Wash your face gently with a soft cloth
- Avoid scrubbing sutured areas, open incisions, or chemical peel sites
- Avoid hot water on the surgical area
- Hair may be washed using a gentle shampoo (baby shampoo is preferred)
- Avoid conditioner if you have scalp stitches or staples

## **Pain Management**

- Do NOT take aspirin or products containing aspirin
- Use Tylenol or Tylenol Extra Strength 1,000mg every 6 hours as needed
- If pain increases or is not manageable, contact us

## **Numbness**

It's normal to experience numbness at the surgical site. This may last days to weeks and will gradually resolve as healing occurs.

## **Driving**

You may resume driving when your vision feels stable. Do NOT drive while taking narcotic pain medications.

## **Sutures (Stitches)**

- Sutures are typically removed in 1–2 weeks, as determined by your doctor
- Dissolvable sutures may take 3–4 weeks to fully dissolve

## **Contact Lenses**

Avoid wearing contact lenses based on your procedure type:

- Inner eyelid incisions only: Avoid for 5 days
- If sutures are present: Avoid for 14 days
- If both are present: Avoid for 14 days

## **Dry Eyes**

Dryness is common after eyelid procedures. Use over-the-counter artificial tears or lubricating gels as needed.

- Use lubricant gel or ointment at bedtime
- Note: Gels may blur vision if used during the day

## **Scarring**

Visible scars are expected but will improve over time. Your surgeon will monitor healing and guide you through the recovery process.

## **Work & Activity**

- Light desk work can typically resume within 24–96 hours
- More physically demanding work should be discussed with your surgeon

### **Blood Thinners**

If instructed to pause blood thinners before surgery, you may typically restart them 2 days after the procedure or as directed by your surgeon and prescribing physician.

### **Makeup**

- Facial makeup may be resumed 3 weeks after surgery
- You may apply makeup on bruised areas, but not on or near incisions

### **For Tear Duct Procedures**

You may experience:

- Temporary tearing or discharge
- Mild irritation or blurry vision
- Scratchy or dry eye sensations

These symptoms are temporary and typically resolve within a few weeks as healing progresses.

### **Questions or Concerns?**

Call us anytime at (210) 495-2367 or you may send a message through your patient portal.