# Post-Operative Instructions for Eye Surgery

Please follow the instructions below carefully after your eye surgery to support proper healing and recovery.

## 1. Eye Drops and Ointment

- Use the prescribed eye drops twice a day. Apply a thin layer of the prescribed eye ointment to the incision area three times a day.
- Some patients may experience conjunctival swelling after surgery. Please use your prescribed eye drops and ointment as directed to help manage this.
- Use artificial tears frequently to prevent your eyes from becoming dry.

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## 2. Face Washing and Hair Washing

- Until your stitches are removed, avoid getting water on the surgical area. When washing your hair, tilt your head backward as much as possible.
- If the surgical area gets wet, dry it thoroughly with cool air, then apply the prescribed ointment.
- Stitches are usually removed 3–7 days after surgery. After stitch removal, please follow the steps below:
- From the day after stitch removal: You may wash your face with water.
- From two days after stitch removal: You may wash your face with soap and wash your hair while leaning forward.

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## 3. Tape Removal After Lower Eyelid Surgery

- This applies to under-eye fat repositioning and lower blepharoplasty.
- If Duoderm tape has been applied under your eyes, you may carefully remove it yourself on the second day after surgery.

## 4. Swelling and Head Position

- Apply a cold compress for the first 3 days after surgery to help reduce swelling and bruising.
- Avoid bending your head down after surgery, as this may increase swelling or pressure around the eyes.
- For the first week after surgery, sleep on your back with your upper body elevated. This can help reduce swelling. If this position makes it difficult for you to sleep, adjust the height to a comfortable level.
- Light walking is highly recommended, as it can help reduce swelling.

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## 5. Recovery Process and Common Symptoms

- Swelling and bruising may become more noticeable during the first 3 days after surgery, then gradually improve over the next 2–4 weeks. Recovery time may vary from person to person.
- Symptoms such as tearing, discomfort when blinking, reduced sensation around the eyes, light sensitivity, and dry eyes may occur after surgery. These symptoms usually improve gradually over several weeks.
- If you had ptosis correction or eyelid correction surgery, you may temporarily have difficulty closing your eyes completely. This usually improves over several weeks.
- During the early recovery period, the eyelid line may appear uneven, angular, or asymmetrical. The final eye shape typically becomes more stable after approximately 6 months.

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## 6. Medication and Restrictions

- Take your prescribed medication regularly and exactly as directed. If you experience symptoms such as diarrhea, hives, or signs of an allergic reaction after taking the medication, stop taking it and contact the clinic.
- Do not take aspirin or vitamin E for 1 week after surgery, as they may increase the risk of bleeding.

- Alcohol and smoking can increase the risk of bleeding and inflammation. Please strictly avoid both for 1 month after surgery.

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## 7. Makeup, Contact Lenses, and Exercise

- You may apply skin makeup from the day after stitch removal.
- From 1 month after surgery, you may resume eye makeup, contact lens use, eyelash extensions, and regular exercise. When removing eye makeup, use an eye makeup remover and remove it gently without rubbing the surgical area.
- From 3 months after surgery, you may resume semi-permanent makeup or cosmetic tattooing.

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## 7. When to Contact the Clinic

- Please contact the clinic immediately if you experience sudden severe swelling, pain, or bleeding, especially after lower eyelid surgery or facelift surgery.

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