



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.











### 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**



**جامعة الإمام عبد الرحمن بن فيصل**  
**IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY**

**مستشفى الملك فهد الجامعي**  
**King Fahad Hospital The University**