

Frequently Asked Questions

Q: I take GLP-1 medicines (Ozempic, Wegovy, Mounjaro etc.). Do I need do anything differently?

A: Discontinue GLP-1 medications one week before surgery, and limit intake to clear liquids the day prior. This precaution helps reduce anesthesia risks by minimizing delayed gastric emptying and ensuring the stomach is empty.

Q: May I shower?

A: Yes, you may shower with the following caveat:

- For the first 2-3 days, please shower with your hair back and neck down. It is ok for the surgical site to get wet with dripping soapy water but please do not allow the force of the water from the showerhead directly contact the surgical site.
- Do not rub the surgical sites.
- **Do not use tap water for cold or warm compresses.**

Q: What can I do to help with the swelling?

A: Swelling will occur with your surgery and is a normal part of the healing process. The swelling and the bruising will worsen for the first 48-72 hours before it begins to improve. A few tips to help decrease the swelling include:

- Apply cold compresses/ice pack to the surgical site 15 minutes at a time every hour while awake for the first 48 hours. For the next two days, apply 6 times per day
 - Wash cloth dipped in a bucket of sterile (NOT tap) cold water and wringing out the excess water works well.
 - You may also use frozen peas and/or cold compress masks.
 - You may find applying cold compresses soothing. If so, feel free to continue the cold compresses beyond the first 72 hours.
 - Sleeping with 2 pillows as described below.

Q: How long do I have to sleep with extra pillows or in a recliner?

A: Dr. Patel strongly suggests sleeping with extra pillows for the first 3 days at minimum. This will help tremendously with minimizing the swelling of the surgical site. If you can sleep with extra pillows for the first week, it is even better to help with the swelling.

- When you start to sleep flat again, do not be alarmed if the swelling increases slightly the following morning. This is expected.

Q: What do I do with my other eyedrops?

A: Please resume all eyedrops you normally take the day after surgery.

Q: Why is my vision blurry?

A: If you were prescribed an ointment, blurry vision is expected after application of the ointment as it can be quite thick.

Q: I notice bumps near my stitches/sutures. Is this normal?

A: Yes, it is normal to develop small bumps or nodules along the incision line where the sutures are located. This is a localized reaction of the skin to the suture. The majority of patients will experience this, and you do not need to be alarmed. It is part of the healing process and typically improves once all the sutures are gone.

Q: Is it normal to have itchy skin after surgery?

A: Yes, it is normal to have itching after the surgery. This will be most noticeable along the incision line where the sutures are located. This will improve with time. Cold compress can be soothing for this. Some patients find using hypochlorous acid spray such as "Ocusoft Hypochlor" helps tremendously with the itching.

Q: Is it normal to have discharge from the eyes after surgery?

A: It is normal to have mild discharge from the eyes after eyelid surgery. This is typically due to the healing process as your eyes respond to just having surgery. It should be quite mild.

Q: I have some bleeding – is this normal?

A: Mild bleeding from the surgical site may occur for the first couple days after surgery. This may include bloody tears as well. If it does, apply a cold compress over the area with gentle pressure for 15 minutes at a time. Repeat several times until bleeding stops.

Q: When can I drive again?

A: You are allowed to drive 48-72 hours after surgery, *ONLY* if you feel comfortable driving. Use your best judgement. Do not drive if you have taken a narcotic pain medication.

Q: When can I wear make-up again?

A: 2 weeks after your surgery date.

Q: Any limitations after surgery?

A: No lifting or bending for the first week after surgery. Your goal is to limit any activity that requires any physical exertion. This will help minimize stress on the wounds and risk of bleeding.

Please note if you had a patch placed after surgery, you do not need to apply ointment or ice until the patch is removed

****If you notice severely decreased vision (unable to count your fingers in front of you), severe eye pain, severe swelling on just one side, please call our office immediately.****

If you have any questions, please do not hesitate to contact our office at 843-790-7582. We want to ensure you have a pleasant experience while you heal from your surgery.