

Eye Surgery

1. Swelling and bruises will occur for 3 days after the surgery. They will subside as time passes.
2. Use an ice-pack on the surgical area for 2~3 days after the surgical. When using the pack, please place a thin towel or a gauze on the eyes before placing the ice-pack.
3. Stitches are typically removed 1 week after surgery. You may apply light makeup starting the day after stitch removal. However, for several weeks after your stitches are removed, do not rub or vigorously touch the eye area, as this may affect the healing process.
4. Please avoid wearing contact lenses for 3 weeks. Please wear glasses or sunglasses during this period.
5. Avoid heavy exercises such as aerobics and/ or working out at a gym for 4 weeks after the surgery. Taking a walk is recommended.
6. Shower can be done on the next day of the surgery. However, please avoid sauna and hot spring for 4 weeks.
7. Please do not bow your head or lie faced down.
8. Using a soft large cushioned pillow when sleeping will help minimize the swelling and the bruising. However, please make sure that your neck is not bent and you do not sleep on your side or faced down and sleep facing the ceiling.
9. Only pain killers and antibiotics prescribed by the clinic needs to be taken and should be taken correctly. If the pain killers provided is not enough, Tylenol can be taken also. Please avoid taking pain killers which are related to Aspirin as it may cause bleeding.
10. Drinking alcohol and smoking should be avoided for 4 weeks. Alcohol can cause inflammation and smoking can prolong the recovery of scars as it causes the tightening of the blood vessels.

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