



Cheng Hsin General Hospital

Postoperative Care and Precautions for Baggy Eyelid Surgery

1. Swelling is common after the lower eyelid surgery. To reduce swelling, it is recommended to apply ice packs to the surgical area for 20 minutes and then rest for another 20 minutes, repeated every hour. When applying the ice pack, a layer of gauze should be used to prevent frostbite. Sleeping with the head elevated can also help to reduce swelling.
2. The wound should not be exposed to water on the day of the surgery. After that, washing the face with boiled water or sterile saline solution in a gentle wiping manner is allowed. Normal face washing can resume approximately 7 days after surgery.
3. Slight bleeding and foreign body sensation in the surgical area are normal postoperative phenomena, and there is no need to be nervous.
4. A cosmetic adhesive tape is applied to the lower eyelid to stabilize the surgical site after the operation. It should be removed only at the scheduled follow-up appointment with the doctor, and should not be removed by oneself.
5. Contact lenses can be worn again after 3-4 weeks following the surgery.
6. Patients should avoid bending down for long periods or rubbing the surgical site to avoid reopening the wound. Intense physical activity, such as weight training and aerial yoga, should be avoided within one month after surgery.
7. Swelling can take about 1-2 weeks to subside, and it takes approximately 2-3 months for a complete natural recovery. The recovery time varies depending on individual body conditions, so patience is required.
8. Medications, creams, or eye drops prescribed by the doctor should be used according to the instructions, and patients should attend the follow-up

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appointments as scheduled.

9. For patients who have also undergone a small skin tightening procedure, the wound should be cleaned gently with sterile saline solution twice a day. After cleaning, an antibiotic ointment can be applied to the wound.
10. There are no specific dietary restrictions other than avoiding smoking and alcohol.