



## **Cheng Hsin General Hospital**

### **Postoperative Care and Precautions for Double Eyelid Surgery**

1. The eye area will swell after the surgery. Within the first three days after the surgery, apply ice packs for 20 minutes followed by a 20-minute break. Apply ice packs 5-6 times a day. Place a layer of gaze over the ice pack to prevent frostbite. When lying down, raise the head to reduce swelling.
2. Do not touch the wound with water on the day of the surgery. You can wash your face using boiled water or saline solution. Wet your face with the solution and avoid getting water into the wound. You can start washing your face normally after 7 days.
3. Minor bleeding and foreign body sensation around the wound area are normal after the surgery. Do not be alarmed.
4. Do not wear contact lenses for 3-4 weeks after the surgery.
5. Avoid prolonged periods of looking down and rubbing the wound area to prevent the wound from opening. Avoid intense physical activity such as weightlifting and aerial yoga for one month.
6. Swelling usually subsides in 1-2 weeks, but it takes 4-6 months for a complete natural recovery. Each person's body is different, so be patient.
7. Follow the doctor's instructions and take medications, apply ointments, or use eye drops as prescribed. Return to the beauty medical or plastic surgery clinic for follow-up appointments.
8. Clean the wound area gently with sterile cotton swabs soaked in saline solution twice a day. After cleaning, apply antibiotic ointment.
9. There are no special dietary restrictions except for avoiding smoking and alcohol.