

Eye Surgery

Post-Surgery Precautions

✉ WhatsApp



Sleeping Position

- For up to one week after surgery, keep your upper body elevated while sleeping so your head remains above your heart. This helps reduce swelling more quickly.
- Avoid lying on your side or stomach. Sleep on your back with your face facing the ceiling.

Swelling & Bruising

- Swelling and bruising may worsen for the first 48 hours after surgery and then gradually subside over the next 2 to 4 weeks. However, this varies by individual.
- Apply cold compresses until day 3 after surgery, then switch to warm compresses from day 4 onward.

Wound Care

- Avoid rubbing your eyelids or forcefully closing your eyes, as this can cause bleeding.
- The stitch removal schedule varies depending on the surgical method but usually takes place between days 5 and 7.

Cleansing & Makeup

- Until stitches are removed, clean only non-surgical areas with a wet towel.
- You may begin cleansing and wearing makeup (excluding eye area) the day after stitch removal. When washing your face, do not rub the eye area—be very gentle. If your surgery did not require stitches, you may begin washing your face from day 3.
- Avoid saunas for 1 month after surgery.
- Eye makeup can be resumed 2 weeks post-surgery. When removing it, do not rub—use a gentle eye makeup remover.
- False eyelashes and semi-permanent makeup should only be applied after 1 month.
- Contact lenses can be worn starting 3 weeks after surgery.

Exercise

- Daily activities can usually resume within 1 week after surgery.
- Light exercise is allowed after 2–3 weeks, and intense exercise after 1 month.

✉ Please note that individual recovery may vary, and the guidance provided by your medical team may differ from the instructions above.

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Alcohol & Smoking

- Avoid alcohol and smoking for 1 month after surgery, as they can cause bleeding, inflammation, and delay healing.

Medication Usage

- Use eye drops 4 times a day. If you had outer or lower eyelid surgery, do not pull down on the lower eyelid too strongly.
- If you were prescribed more than one type of eye drop, allow about 5 minutes between applying the first and second drop for proper absorption.
- Apply eye ointment inside the eye before sleeping.
- Take all prescribed medications regularly at the specified times. If you experience diarrhea, hives, or other adverse reactions, contact the clinic.
- For 1 week after surgery, do not take aspirin or Vitamin E, as they can increase the risk of bleeding.

Other Notes

- After lateral or lower canthoplasty, you may experience dry eyes and conjunctival swelling (a balloon-like swelling in the white of the eye), but this does not affect your vision.
- Use the prescribed eye drops and ointment consistently to manage conjunctival swelling.
- In the early recovery period, your eyelid line may appear uneven, but it will stabilize around 6 months post-op.
- After ptosis correction or lower blepharoplasty, you may experience light sensitivity, dry eyes, or tearing—these symptoms usually improve over time.
- You may feel numbness around the eyes or forehead, which will gradually improve over several months.
- Scars from canthoplasty may appear red and firm for about 2 months post-op but typically improve within 6 months.
- If you had lower blepharoplasty or surgery through the conjunctiva, you may notice small amounts of bloody tears around 1 week post-op. This is not active bleeding and is no cause for concern, but please visit the clinic if the symptom persists.

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