

# Post-Operative Precautions for Eye Surgery

- Apply the prescribed eye drops **twice a day** and the eye ointment **three times a day**, spreading a thin layer over the incision area.
- **Until your stitches are removed**, please make sure the surgical area does **not come into contact with water**. When washing your hair, **tilt your head back** and rinse carefully. If the area does get wet, dry it thoroughly with **cool air** and then apply the prescribed ointment.
- After surgery, you may experience **conjunctival swelling** (swelling of the white part of the eye). Please continue using the prescribed eye drops and ointment as directed.
- The timing of stitch removal may vary depending on the surgical method, but stitches are usually removed **5–7 days after surgery**. From **1 day after stitch removal**, you may **wash your face with water**. From **2 days after stitch removal**, you may use **facial cleanser or soap, shampoo your hair, and wear light skin makeup**.
- After surgery, you may experience symptoms such as **tearing, discomfort when blinking, reduced sensation around the eyes, light sensitivity, and dry eyes**. These symptoms usually improve gradually over the course of several weeks.
- If you had **ptosis correction** or **eye-opening correction**, you may temporarily find it difficult to close your eyes completely. This usually improves gradually over several weeks. Please use **artificial tears frequently** to prevent dryness.
- In the early stage after surgery, the eyelid line may appear **folded, uneven, or asymmetrical**. The final shape of the eyes typically settles and becomes more stable after about **6 months**.
- From **1 month after surgery**, you may wear **eye makeup**. (When removing makeup, do not rub or press the surgical area. Use an eye makeup remover and wipe gently.) You may also start wearing **contact lenses and get eyelash extensions** after 1 month. **Semi-permanent cosmetic tattooing is possible after 3 months**.

# General Post-Operative Care Instructions

- **Alcohol and smoking are strictly prohibited for 1 month after surgery**, as they may cause **bleeding and inflammation**.
- Apply **cold compresses for the first 3 days after surgery**, then switch to **warm compresses from day 4 for up to 1 month**. This helps reduce swelling and bruising.
- **Walking is highly recommended**, as it helps reduce swelling. More strenuous or regular exercise may be resumed **1 month after surgery**.
- Avoid **bending your head downward** after surgery. For the first **week**, it is helpful to sleep on your back with your **upper body elevated** to reduce swelling. If sleeping too upright feels uncomfortable, adjust the height to a level that is comfortable for you.
- Swelling and bruising usually **worsen gradually during the first 3 days after surgery**, then slowly improve over the following **2 to 4 weeks**. Recovery time may vary depending on factors such as your environment, diet, circulation, skin type, and post-operative care.
- **For 1 week after surgery, do not take aspirin or vitamin E**, as they may increase the risk of bleeding.
- Please take all prescribed medications **regularly and on time** after discharge. If you experience symptoms such as **diarrhea, hives, or an allergic reaction** after taking the medication, please contact the clinic.
- If you experience **sudden severe swelling, heat, pain, or changes in skin color**, please contact the clinic immediately.



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WhatsApp

+82 10 3141 4711 WhatsApp

B1, Aratower, 3, Seocho-daero 77-gil,  
Seocho-gu, Seoul

consult@made-young.co

