

Bahman Guyuron, MD, FACS
Plastics and Reconstructive Surgery

440-461-7999

HOME INSTRUCTIONS FOR LOWER LID LASERABRASION

- Sleep on your back with your head elevated at approximately a 45 degree angle.
- You will have a silicone bandage under your eyelids. This will remain on for 4 to 5 days. If any part of the silicone lifts away from the skin you may use a Q-tip to apply aquaphor to those areas that are difficult to get to until the silicone is removed.
- Once the silicone bandage is removed you will then cleanse the skin twice daily and apply aquaphor frequently to the site to keep the skin moist.
- Once the silicone mask is removed the skin will be pink in color. The aquaphor will help the skin to heal and soothe the skin.
- Please do not wear clothing that pulls over the head or is tight fitting around the neck.
- Do not take any aspirin, Advil or Aleve for a period of one week following your surgery.
- If you need pain medication, do not hesitate to take this as prescribed. However, please eat food with the medication to minimize the chance for nausea or vomiting.
- No excessive sun exposure for a period until the redness disappears completely, if you have to be out doors, a protective sunscreen lotion (SPF 15 or higher) must be used.
- **All patients are seen the day after surgery.**
- **Someone must be with you for 24 hours after surgery.**
- You will not be able to drive yourself for 5 to 7 days after surgery if you are taking pain medications, please arrange for your transportation for the post operative appointments

REMINDERS:

- Refer to the patient discharge Instructions upon discharge from the surgery center.
- Please take all of your medications on schedule
- Report any unusual heavy bleeding, discomfort unless you have been advised otherwise, Shortness of breath, temp over 100 degrees and redness and any pain or discomfort in your legs should be reported immediately.

EMERGENCY NUMBER:

For emergencies after normal office hours, please call the answering service at **440-461-7999**. Leave your name, phone number and the reason for your call. If there is not a response within 10 minutes, please call the number again.