Eyelid Surgery *Prep Checklist*

Your at-home checklist, organized by timeline. ★ marks the things nearly every patient is grateful to have. "Ask surgeon" items depend on your surgeon's preferences, so check first.

Days 1–3
Swelling and bruising. Cool compresses as directed, head elevated, eyes resting.

Week 1
Sutures often come out. Eyes may feel dry or watery.

Weeks 2–3
Most bruising fades. Makeup is often allowed once your surgeon clears you.

Weeks 4–6
Residual swelling settles. Return to all activities when cleared.

Months 2–6
Incisions in the natural crease fade and become hard to see.

Four weeks before

- [ ] Step counter
- [ ] Freezer meal containers
- [ ] Arnica tablets ASK SURGEON

The week before: set up your home

- [ ] Bed wedge pillow ★
- [ ] Overbed table
- [ ] Extra-long phone charging cable ★
- [ ] Weekly pill organizer ★
- [ ] Digital thermometer ★
- [ ] Cool-mist humidifier

Your surgery bag

- [ ] Zip-front hoodie ★
- [ ] Slip-on slippers ★
- [ ] Oversized sunglasses ★
- [ ] Rich lip balm ★
- [ ] Travel neck pillow

Week one at home

- [ ] Cooling gel eye mask ASK SURGEON
- [ ] Soft reusable cold packs ASK SURGEON
- [ ] Preservative-free lubricating eye drops ASK SURGEON
- [ ] Non-stick gauze pads ★
- [ ] Micellar water
- [ ] Ready-to-drink protein shakes ★
- [ ] Insulated tumbler with straw ★
- [ ] Stool softener ASK SURGEON

Weeks two to six

- [ ] Silk pillowcase
- [ ] Fragrance-free moisturizer
- [ ] Wide-brim sun hat

Scar season

- [ ] Silicone scar gel ASK SURGEON
- [ ] Mineral sunscreen SPF 30+ ★
- [ ] Color-correcting concealer ASK SURGEON

Talking with *your surgeon*

Questions many eyelid surgery patients ask, with room for the answers. Your surgeon's written instructions replace anything on this page.

How often should I use cold compresses, and for how many days?

Which eye drops and ointment do you want me to use?

When can I wear contact lenses and eye makeup?

When can I read, use screens and drive?

Which medications and supplements should I stop before surgery?

When to call your surgeon

- Any change in vision, severe eye pain, or sudden swelling that makes it hard to open your eye: call your surgeon immediately or go to the emergency room
- A fever of 101°F (38.3°C) or higher, or chills
- Redness, warmth or hardness that is spreading, or drainage that is cloudy or smells bad
- Pain that suddenly gets worse instead of slowly better, or is not controlled by your prescribed plan
- Bleeding that soaks through your dressing
- Calf pain, warmth or swelling in one leg
- Chest pain, shortness of breath, or coughing up blood: call 911 right away

Surgery date _____

Office phone _____

After-hours number _____

First follow-up _____

MY SURGEON'S INSTRUCTIONS