



Oculofacial Plastic Surgery Consultants, PA
Renzo A. Zaldivar MD

POST OPERATIVE INSTRUCTIONS FOR PATIENTS FOLLOWING CHALAZION EXCISION

- The eyelids may be cleaned as needed with moist cotton balls. Soaking the lids with moist compresses may help to soften any crusting that accumulates. Please do not rub or scratch the eye or eyelids.
- Apply ointment gently to the skin incisions two times daily for three days. The vision may seem blurry if ointment mixes with the tears, but this is no cause for alarm.
- You may shower/bathe starting 24 hours after surgery with a shower cap to cover the dressing.
- Wear eyeglasses to protect the operated eye during the day. Additionally, some patients will be asked to wear a metal shield over the operated lids while sleeping for the first week. “Scotch” tape or medical adhesive tape may be used to secure the shield.
- To decrease swelling and discomfort, apply ice for approximately 30 minutes of every hour while awake during the first 48 hours. Place the refillable ice pack on a clean, moist eye pad or washcloth over the operated eye. After the first 48 hours, warm compresses may be applied to the eyelid(s) twice daily for one week.
- Unless medically necessary, avoid aspirin or nonsteroidal anti-inflammatory drugs (NSAIDs) for 5 days postoperatively because they may cause bleeding. Acetaminophen (Tylenol) may be taken if needed for pain.
- Continue to take your routine medications as prescribed by your primary physician in the postoperative period.
- If you notice excessive swelling, pain, bleeding, or marked change in vision, please call the office at (919) 443-2557.