

LID LIFT GOGGLES INSTRUCTIONS

The use of "Lid Lift Goggles" has been recommended for you in order to help decrease bruising and swelling of the eyelids and the area around the eyes. Use of the goggles will help to decrease the time of your recovery following surgery.

Who Should Not Use Lid Lift Goggles:

- Patients who are significantly anxious or moderately to severely claustrophobic
- Patients who required use of sleep apnea masks should not wear the goggles at night
- Patients with a previously surgically implanted spring or eyelid weight - Patients who are unable to close their eyes completely shut after surgery

Do not wear the goggles except when seated or lying down.

You cannot see when you have the goggles on. If the goggles preclude vision, they should always be removed when you are standing, or walking about. The goggles should always be removed while bathing, putting medication on the eyes, or eating.

There are removable inserts inside the goggles.

These allow you to be able to see when wearing the goggles. These can be removed the day following your surgery. For sleeping at night, the inserts should be placed back into the goggles. You can think of the goggles like a night time sleep mask, which prevents you seeing and also protects you from unconsciously rubbing your eyes.

Some patients may find that their swelling worsens to the eyelids when wearing the goggles with the inserts removed. If this happens, it is best to place the inserts back in when wearing the goggles.

When Are The Goggles Used?

Put the goggles on when you arrive home following your surgery, and wear them continuously for the first four hours. After this, the goggles should be worn for three days and two night. They should be worn 80% of the time when you are awake, and all of the time when you are sleeping. For example, if your surgery was on a Monday:

Monday (Day of your surgery)

- When you get home following your surgery, wear the goggles continuously for the first four hours.
- Wear the goggles for 80% of the time when you are awake. Wear the goggles to sleep.

Tuesday (One day after your surgery)

- Remove the inserts inside the goggles so that you are able to see while wearing the goggles during the daytime.
- Wear the goggles for 80% of the time when you are awake. Place the inserts back inside the goggles, and wear the goggles to sleep.

Wednesday (Two days after your surgery)

- Remove the inserts inside the goggles so that you are able to see while wearing the goggles during the daytime
- Wear the goggles for 80% of the time when you are awake. Do not wear the goggles to sleep tonight, and stop wearing the goggles after today.

THE FIRST GLANCE

Sterile Cotton Pad Dressings

The Lid Lift Goggles are not sterile. Following certain procedures, sutures will be present and covered by the goggles. If this is the case, a sterile cotton pad should be placed between the goggles and the eyelid sutures. Our clinic will provide you with sterile eye pads if you will require them.

When you remove the goggles, you should also remove the eye pads and store them on top of the portion of your goggles that rest against your face. On the day of your surgery, you may want to change the eye pads a couple of times. In general, when you wish to put the goggles back on you should use the same set of eye pads, only changing to a new set of eye pads one time each morning.



Figure 1. An additional eye pad can be folded in. If you find that you get swelling in the eyelids near your nose, it means that some extra pressure is required in this area. Fold a second eye pad in half, and place it by the nose over the portion of the eyelid adjacent to the nose as shown in *Figure 1*.

If incision lines or sutures are present, apply ointment twice daily.

If you have had upper or lower eyelid surgery where an external incision was made, you will be prescribed Fucidin viscous eye drops. Do not put these in your eye, but instead use this as an ointment for the incisions. It is best to apply this using the back of a Q-tip or using a toothpick. Allow the ointment to be in place for 15 minutes before putting the goggles back on.

If you have had a brow lift without eyelid surgery, you should apply polysporin to any exposed sutures on the forehead or within the hairline.

Do not alternate the use of ice with use of the goggles.

The goggles have cooling foam, so when the goggles are in place there is both cooling and compression. Maximizing the time the goggles are in place by not removing them to use ice compresses is the most effective way to reduce bruising.

Using ice compressed instead of the goggles will make your bruising worse.

How to Put On The Goggles:

If you have any incisions or sutures which will be touching the goggles, proper placement of the eye pads is important for the goggles to work correctly and to maximize comfort. To apply the goggles first put one eye pad on each side so that the edges of the two eye pads touch in the center of the goggle. Flip the strap of the goggle up so that it sits on the top of the goggle. Then place the goggle in your palms as shown in *Figure 2*. Leaving the goggles in your palms, lean your head forward and bend at the neck until the goggles are touching your face.

You do not need to use eye pads if you do not have any exposed sutures on the upper or lower eyelid. For example, eye pads will not be required if a brow lift is performed without eyelid surgery.

Slowly apply pressure to the goggles with your non-dominant hand and use the dominant hand to place the strap behind the head. There is a small bump on the back of the head (*Figure 3*), and the center of the strap should be placed so that it rests on the highest point on this bump.

THE FIRST GLANCE

Figure 2. Place the goggles in front of you with the lens side down. Place one eye pad on each side of the goggle and position the strap so that it rests on the top of the goggles as shown in the photo. Then place the goggles in the palms of your hands. Lean forward bending at the neck so that the goggles touch the face. Apply gentle pressure to the goggles with the non-dominant hand while using the dominant hand to place the strap so that the center of the strap rests on the highest point of the bump on the back of the head

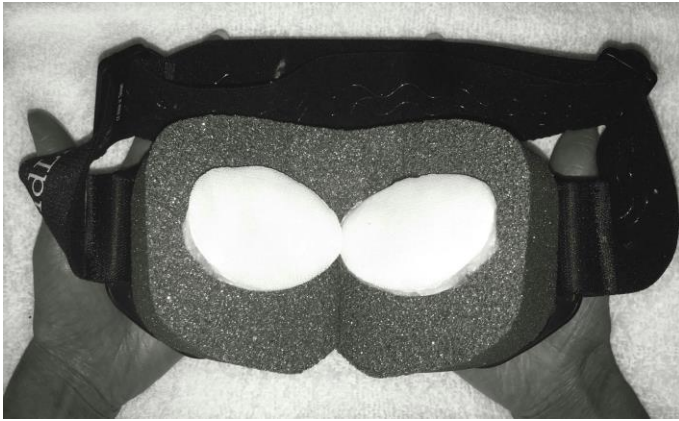


Figure 3. The white circle marks the location of the high point of the bump on the back of the head. The goggle strap should be centered over this bump.

