



LidLiftGoggle.com
Bruise<Less Technology



PATIENT INSTRUCTIONS FOR THE USE OF LIDLIFTGOGGLE.

PURPOSE.

The purpose of the LidLiftGoggle is to address patient's top concerns with the procedure by reducing the bruising and swelling of the eyelids caused by the surgery. Bruising after surgery makes patients feel beat up, can delay return to work, and to a normal social schedule. A clinical study comparing the effectiveness of traditional ice compresses to the LidLiftGoggle has demonstrated 3-5 times less bruising when using the LidLiftGoggle without the use of ice.

WHO SHOULD USE THE LIDLIFT GOGGLE?

Most patients who undergo upper and or lower eyelid surgery (blepharoplasty) can benefit from use of the goggles. If you are having eyelid surgery in combination with other procedures like forehead lift or facelift you will likely also be a suitable candidate. However, there are some situations where the goggles cannot be used:

1. Some patients who are anxious or moderately to severely claustrophobic such as those who cannot ride in an elevator will not tolerate use of LidLiftGoggles as this will induce claustrophobia. Everyone has some degree of claustrophobia such as the anxiety provoked by the MRI machine and this group of patients with mild claustrophobia tolerate the goggles well. The majority of patients actually report a sense of security as the eyelids are protected by the goggles in the first few days after surgery.

2. Some sleep apnea masks will prevent use of the goggles at night. In this situation the goggles should only be worn during the daytime. Using the goggles for the first 4 hours after surgery and during other times when you do not need your sleep apnea mask is still quite beneficial.
3. If you have a spring or eyelid weight previously surgically implanted in your eyelid you should not use the goggles. Some eyelid surgeries like surgery for congenital droopy eyelids are not compatible with the use of the goggles because the lids will not close beneath the goggles. If you have very bulgy eyes or eyelids that do not close when you sleep at night you should not use the goggles. Patients who have lost most of their vision from glaucoma also should not use the goggles. You should discuss with your surgeon if your surgery is compatible with using goggles.
4. If for some reason your eyes do not close completely shut after surgery, then wearing the goggles will be very irritating. If wearing the goggles irritates your eyes or causes eye pain they should be removed immediately and if the irritation or pain persists after removal you should contact your surgeon.

WHEN ARE THE GOGGLES USED?

Your surgeon will put the goggles on you soon after surgery. You should wear them continuously for the first 4 hours after surgery. You should also wear them 80% of the time when awake and all of the time when sleeping for the day of surgery and two days afterwards and the night of surgery and one night afterwards. So, if surgery is on Monday - you wear them Monday, Tuesday, Wednesday during the day and Monday, Tuesday night when sleeping.

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. Walking about with the goggles on puts you at risk of a fall, severe injury, or even death so please do not do this. Do not arrive at the surgeon's office with the goggles on as it is dangerous to walk about without vision. The goggles should always be removed while bathing, putting medication on the eyes, or eating.

THE STERILE COTTON PAD DRESSINGS

The goggles are not sterile, so you should keep a pair of sterile eye pads lodged between the goggles and your eyelid incisions. Sterile cotton eye pads are often provided by the surgeon but can sometimes be found at local pharmacies. 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 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.

PLACING THE GOGGLES.

Proper placement of the eye pads is important for the goggles to work correctly and to maximize your 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 1. Leaving the goggles in your palms lean your head forward and bend at the neck until the goggles are touching your face. 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 2) and the center of the strap should be placed so that it rests on the highest point on this bump.

Should I alternate the use of ice with use of the goggles?

No. The goggles have cooling foam so when the goggles are in place there is both cooling and compression. Studies have shown that maximizing the time the goggles are in place by not removing them to use ice compresses is the most effective way to reduce bruising. So using ice compresses instead of the goggles will make the bruising worse.



FIGURE 1

Sit at the kitchen table. 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 rest 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 rest on the highest point of the bump on the back of the head.



FIGURE 2

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.

