

## INSTRUCTIONS FOLLOWING SURGERY

### bathing

- You may shower and wash your hair two days after surgery.

### wound care/ dressing

- Keep ice packs (frozen peas work well) on the eyes for 15 minutes at a time, every 2-3 hours while awake for the first 48 hours after surgery.
  - Do not place the ice packs directly on the skin, place on top of a washcloth or gauze.
  - You may use a cotton tip swab (Q-tip) to gently clean any crust from the eyelashes.
  - Bruising and swelling around the eyes and face will worsen for the first three days.
  - If you have severe swelling, or difficulty breathing call the office immediately.
- Make-up may be used one week after all of the sutures have been removed.

### reasons to call

- Significant swelling.
- Double vision, not related to ointment.
- Fever greater than 100.4 degrees Fahrenheit (38 degrees Celsius).
- Skin redness and warmth(hot) around your wound.
- A change in drainage color (green/yellow/thick) or foul-smelling odor.
- Pain not relieved by pain medication.

### activity

- Remain in bed with your head elevated on two pillows or in a chair the first day after surgery, except for bathroom needs. Increase activity slowly after that.
- Avoid bending over for the first week.
- Keep your head elevated at night for the first week.
- Do not lift more than 10lbs (or more than a gallon of milk) or perform any strenuous activities for 3-4 weeks after surgery

### medications

- Systane® (can be purchased over the counter at your local pharmacy) should be applied to eyes as needed for dryness.
- You may take non-aspirin pain relievers such as acetaminophen or Tylenol for mild pain, but do not take this in addition to your prescribed pain medication (the prescription medication likely has Tylenol in it already).
- Do not use aspirin or aspirin-containing drugs (Anacin, Bufferin, Bayer, Excedrin, etc), Nonsteroidal anti-inflammatory drugs (Advil, Motrin, Ibuprofen) as these medications interfere with blood clotting and may increase bleeding risks.

### questions/ concerns?

We have a doctor on call 24 hours a day. We are here for you! **Call us at 336-765-8620.**