

Discharge Instructions After Surgery

Eyelid and Facial Plastic Surgery Associates Office: 512-501-1010 After Hours Line: 512-660-6309

CALL YOUR SURGEON IMMEDIATELY FOR THESE PROBLEMS:

- **Severe pain.**
- **Rapid swelling and/or protrusion of the eye and/or inability to move eye(s) in all directions.**
- **Dimming or loss of vision that does not clear with blinking and not caused by ointment.**
- **Continuous bleeding that is not controlled with cold/pressure application.**

NORMAL EXPECTATIONS:

- Blood-tinged drainage from incisions and "bloody tears" from your eyes for 24-48 hrs.
- Increased swelling and bruising the first week after surgery compared to the evening before. Swelling and bruising may be unequal when comparing one side to the other. **Swelling may last several weeks to months after surgery.**
- Bruising on the eyelids appears bright red the first morning and may move below your eye(s) to the cheekbone(s) in the days following and become dark purple. **Bruising may take 2-3 weeks to fade.**

IMPORTANT: Always wash your hands before touching your wounds or applying medication or cold.

EYE PATCH/ COLD APPLICATION:

- If your eye is patched, remove the patch from the top down _____ in the morning and/or this evening. If you have steri-strip Band-Aids, leave on until they fall or peel off. Before removing, get them wet and gently peel off.
- Apply cold packs** (ice pack, gel packs, crushed ice in a Ziploc bag, bag of frozen peas) to the surgery site for 2 days about 20 minutes of each hour till bedtime; if patched, ice when patch is removed. Place dry cloth over the eyes then the ice pack. After the first 2 days, continue ice packs a few times a day for the remainder of the week. OK to apply heat to the affected areas the first 2 days to minimize bruising.

EYE MEDICATION:

- Apply **prescription eye ointment:** on the stitches/staples 3 times a day for 7 days in the eye(s) at bedtime for 7 days.
- After the first week, apply the ointment on the stitches and eyes at night before bedtime until your appointment.
 - **You may apply eye ointment or use OTC lubricant eye drops (ARTIFICIAL TEARS), in your eyes as needed if they burn or feel sandy, scratchy, or watery.** Eye ointment will blur your vision temporarily.
 - If you have staples, apply Neosporin or prescribed antibiotic on the staples twice a day until they are removed.
 - Continue your regular eye medications unless otherwise instructed by physician. Apply all drops 3-4 minutes before ointment. If **prescription eye drops** are ordered, apply 1 drop to (Right) (Left) eye (s), 4 times a day or as prescribed.
 - Stitches typically dissolve or will be removed at your post operative visit.

MEDICATION:

- Regular or Extra-Strength Tylenol for mild pain. Prescription pain medication as directed for moderate pain with food.
- DO NOT** take Aspirin, Aspirin containing products or anti- inflammatories (NSAIDS eg. ADVIL, MOTRIN, ALEVE, etc.) for 2 days after surgery.
- Blood thinning medications such as Coumadin, Plavix or Aspirin can be restarted on _____.**
- Other medications:** Nausea medicine as needed Medrol Dose Pack starts today/ tomorrow

ACTIVITY:

- Rest as much as possible for 1-2 days after surgery. Sleep with head elevated (on 2 pillows) for the first 2 nights.
- **AVOID** bending below the waist or any heavy lifting (>20 lbs.) for 7 days. Light walking is okay in the first week. Resume light aerobic activity in 7 days and resume full activity, makeup, etc. at 2 weeks.

You may return to work/school in ____days/weeks. DO NOT DRIVE while vision is impaired or with pain medication.

HYGIENE

- You may shower in 24 hours (tomorrow) and gently wash your face with water.
- No eye make-up or concealer on the scars for 2 weeks.
- Do not wear contact lens for 7 days, or until your surgeon approves.

DIET: Resume regular diet. No alcoholic beverages on the day of surgery or when taking prescription pain medication.

FOLLOW UP APPOINTMENT _____ **PLEASE CALL 512-501-1010 FOR APPOINTMENT**

I have received and understand these instructions.

Patient/Guardian _____ **Date** _____