

POST-OPERATIVE PATIENT INFORMATION EYELID SURGERY

Name: _____
 You have had _____

 Performed on date | |

YOUR NEXT APPOINTMENT
 WITH US AT OUR OFFICE IS
 NEXT WEEK. date | |
 If you do not already have an appoint-
 ment please call (713) 795-0705.

50% of the outcome from your surgery depends upon you and the care that you take of your wounds. Your part is VERY important and determines how much you bruise and how quickly you heal. Here are some reminders:

1. Perform no heavy lifting, bending with your head below your heart, or straining for 10-14 days -- nothing that will turn your face red with exertion.
2. For 48 hours, keep your head elevated (at night use 2-3 pillows) and refrain from drinking hot liquids.
3. Put an old towel over your pillow, in case your wound(s) drip a little blood during the first night. In the morning, you may soak off any scabs, but do NOT rub your wounds..
4. Use ice-cold compresses as much as possible on your wound(s) for the first 48 hours. Frozen peas in a freezer bag over a damp face cloth works very well. Remember, the more ice you put on, the less swelling and bruising that you will have and the faster your recovery will be.
5. It is normal for swelling to worsen for the first 2 days, especially the first morning after surgery.
6. After 48 hours, switch to warm/hot compresses until all blood clots and bruising have resolved.

7. You may have tape put over your wound(s). The tape will fall off by itself. Please do NOT pull the tape off. You may shower/bathe as usual, but please do NOT rub your wound(s).

8. You will be given an antibiotic ointment to place on your wound(s) and in your eye(s) three times each day for one week. The ointment is safe to put in your eye, but it will blur your vision.

9. Resume all of your usual medications except aspirin, Motrin, Advil, and ibuprofen. If you need to take a pain medication, please use Tylenol for the first week. If that is not enough, we have given you a prescription for stronger medication.

10. You have also been given the following medications:

- Antibiotic by mouth
- Pain medication as needed
- Nausea medication as needed

Please contact us at (713) 795-0705 if you develop:

- Continued Bleeding beyond 24 hours
- Excessive Bleeding
- Increasing Pain
- Milky, Yellow, or Green Discharge From Your Wound(s)
- Increasing Swelling After 48 hours
- Fever (oral temperature greater than 100 degrees)
- Other Serious Concerns

HOT AND COLD COMPRESSES

COLD COMPRESSES

Frozen green peas in a Zip-lock freezer bag over a damp facedcloth make a great cold compress. For best effect, keep the compress on constantly, but change the bags of peas every 20-30 minutes as the peas warm up. For application to both eyes, four to six bags of peas are usually sufficient to rotate through the freezer. Ice cubes or ice chips can be used, but ice should be applied for only about 20 minutes each hour, as it may cool too much if applied constantly. A damp cloth helps to transmit the cold temperature more effectively. In general, cold compresses are applied for only the first 48 hours. The purpose of cold is to cause blood vessels to spasm. This

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decreases the degree of swelling immediately after tissue injury.

WARM AND HOT COMPRESSES

After 48 hours of cold compresses, switch to warm compresses. These should be applied for 10-20 minutes at a time, 5-10 times each day. The more warm compresses you apply, the faster your bruises will vanish.

Several options have been popular with our patients:

1. HOT POTATO OR APPLE

Bake a potato in a conventional oven for 15-20 minutes at 350 degrees. Take the potato out, punch holes in it with a fork, and store it in the refrigerator. When the hot compress is desired, microwave the potato. It should be hot, but not so hot that it is uncomfortable to hold in a bare hand. Wrap a damp facecloth around the potato and apply. This makes a great compress for 10-20 minutes, depending upon the size of the potato. Some like to use mashed potatoes in a plastic bag.

2. RICE IN A SOCK

Fill a clean, all-cotton sock with raw rice. Microwave to desired temperature. This is a good source of dry heat. Caution: socks that are not 100% cotton may melt or burn at relatively low temperatures.

3. TEA BAGS

Multiple tea bags (used are fine) can be dampened and stacked on a saucer. Soak the bags with water and microwave. Be Careful! It is easy to over-heat the bags and burn yourself. Although a single tea bag may not stay warm very long, two or three stacked over each eye usually does well for 10 minutes.

4. ROLLED FACECLOTH

A dampened facecloth can be carried around in a plastic bag. When ready to be used, the facecloth can be microwaved. A more tightly rolled facecloth will hold the heat longer. This usually provides good warmth for about 3-5 minutes.