

## PLASTIC EYE SURGERY ASSOCIATES, PLLC

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Telephone (713) 795-0705 / FAX (713) 807-0630

### POST-OPERATIVE INSTRUCTIONS

#### MINIMIZE SWELLING OR BRUISING

##### DURATION:

In all procedures involving the delicate eyelid skin, there is some degree of swelling or bruising that persists for a time after the surgery. This usually subsides after 1 to 3 weeks, depending on your healing ability.

##### ICE PACKS:

For the first 48 hours after your surgery, use an ice pack on your eyes every 1 to 3 hours a day for 20 minutes at a time. This need be done only while you are awake. Frozen peas in a zip lock plastic bag over a damp face cloth makes an excellent ice pack, since it can be easily refrozen. Freezable gel packs can be purchased in drug stores to use as ice packs. However, in our experience, the frozen peas work better and are less expensive. Also, home-made gel packs containing 1 part rubbing alcohol and 3 parts water in ziplock baggies are effective.

##### WARM COMPRESSES:

After the first 48 hours, use warm compresses 5 to 6 times a day for 10 to 20 minutes at a time until the swelling and bruising are gone. A warm damp washcloth or towel makes a good compress. Make certain that your compress is comfortably warm, but not too hot!

##### SLEEPING:

Sleep with your head elevated with an extra pillow or two for 2 to 3 days. Try not to sleep on your side for 3 to 4 days, because any swelling you may have will shift to the side on which you are lying.

##### LIFTING OR EXERCISE:

Do not bend over from the waist, lift anything over 10 pounds, or engage in strenuous exercise for 2 weeks. Doing so may raise your blood pressure and/or cause excessive pressure on the delicate tissues of your eyelids and the stitches binding the incisions.

##### MEDICATIONS:

##### OINTMENT:

You will be given a tube of antibiotic ointment when you leave. Put a very small amount of the ointment on the incisions 3 times a day for 1 week.

##### OTHER MEDICATIONS:

If you need any other medications, you will be given prescriptions before you leave. If you prefer, arrangements can be made for you to fill these prescriptions before the day of your surgery. Just ask us. Normally, regular Tylenol should ease any soreness in your eyelids and the surgical area. However, we can provide stronger pain medicines by prescription if you need them. You should resume taking your own medications after the surgery but avoid aspirin products and "blood thinners" for 1 week after surgery because of their tendency to increase bruising.

##### BLEEDING:

You may notice a small ooze of blood from the incisions. This is normal. You can gently blot it away with a moistened cotton pad or tissue. If brisk bleeding occurs, call Dr. Patrinely or Dr. Soparkar immediately for further instructions at (713) 795-0705.

##### DRESSINGS OR PATCH:

In the unlikely event that you have a dressing or patch over your eye(s), we will tell you when to remove it, usually 1 day following your surgery.

##### STITCHES:

Your surgeon will use very fine skin sutures to close the incisions. You will be told when to return to have the stitches removed, usually in 5 to 7 days. Depending on the circumstances, you could have sutures which dissolve in 5 to 7 days. After 10 days, you can gently massage the solution from a Vitamin E capsule to speed the healing process, or we can provide a topical Vitamin C preparation.

##### MAKEUP:

You may resume wearing makeup on your eyelids 2-3 days after the stitches are removed (usually 4 to 7 days after the surgery).

##### DIET:

You may eat or drink anything you like, if you feel you can tolerate it. Generally, it is best to begin slowly with clear liquids and easily digestible foods. Avoid alcoholic beverages for 24 hours or while you are taking any medications.

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**POST-OPERATIVE INSTRUCTIONS**

**EYE DROPS:**

Apply artificial tear drops to your eyes to clear away any mucus or blurred vision or to relieve scratchiness. We recommend you use preservative-free drops such as Refresh Plus, Ocucoat PF, BionTears, or TheraTears. Avoid drops that "take the red out."

**SHOWERING:**

It is okay to shower from the neck down on the same day as your surgery. Gently wash your face with a washcloth as needed. The following day, you can wash your face and hair in the shower, as long as you do not direct the spray directly on your eyes.

**SCARRING:**

Generally there will be very little scarring. Initially, your wounds will be slightly raised and reddened. In time, they flatten, becoming paler, eventually blending into the normal lines of your face. Usually this takes 1 to 3 months. Occasionally, there may be a slightly asymmetrical appearance to the eyelid or its position after the healing is complete. If this occurs, additional minor corrections may be required.

**FOLLOW-UP VISITS:**

Before you leave our office or the hospital day surgery suite, we will tell you when your doctor wants you to return. Please call us at (713) 795-0705 for an appointment time convenient for you.

**OTHER QUESTIONS:**

If you have questions about your recovery other than in an emergency situation-call the clinical coordinator at (713) 795-0705. **EMERGENCIES:**

In case of emergency: e.g., severe bleeding, severe pain around your eyes, any sudden vision loss—please call our 24-hour telephone number (713) 795-0705. Dr. Patrinely or Dr. Soparkar will be notified of your call, and will call you back just as soon as possible.