

**1. SWELLING AND BRUISING:**

Some swelling is normal. Use cool the first 24 to 48 hours for swelling. **If you experience severe swelling or changes in vision call me immediately.** If eyes do not close at first due to swelling, you may need a lubricating ointment at night (Lacrilube). A dressing may be used to help eyes retain moisture as well. I recommend Swiss Eye Therapy gel

**2. ACTIVITY:**

Sit up or semi-recline. Elevate the head of the bed 30 degrees. **No strenuous activity, straining or bending over for 48 hours.**

Increase activity as tolerated with no heavy exercise for two weeks. Do not smoke or drink alcohol for 48 hours following surgery.

**3. FEVER:**

If a temperature above 101.5 occurs contact my office.

**4. PAIN:**

Some discomfort is normal following surgery. If pain medication is prescribed, take only as directed. **Do not drive while using narcotic pain medications.** Often it is beneficial to take the medication after eating to help prevent nausea. **If you experience severe pain behind your eye call me immediately**

**5. DIET:**

Eat something when you feel ready.

**6. WASHING:**

Do not get surgical site wet for 24 hours after surgery. Later you may let water run over the area for brief periods. Do not soak. Do not let shower spray directly onto surgical site.

**7. WOUND CARE:**

Coat the sutures with a thin covering of antibiotic ointment (Double or triple antibiotic ointment, Neosporin, Bacitracin, Polysporin twice daily. Use a clean cotton tip applicator. Don't use make-up on the incision until it is fully healed. To reduce the appearance of the scar topical silicone ointment can be applied after it is fully

healed about 2 weeks. (One over the counter example; Cimeosol)

**8. CLEANLINESS AND HEALING:**

The incision will heal better if it is carefully kept clean during the healing period. **Protect it from dirt, dust, & sun. Don't touch it with your fingers.**

**INJECTION SITE:**

After having intravenous anesthesia, the arm vein may become hardened and tender. Apply moist heat over the area for one hour three times a day for three days. Contact me if there is no improvement

**9. NAUSEA:**

Nausea is a normal side effect of narcotic pain medications. If you have severe nausea or vomiting you may need to stop the pain medications or to take an additional anti-nausea medication.

**10. SCRATCHY FEELING:**

Eyes may feel dry and scratchy. Blood, tears and drainage are normal, especially the first few days. If eyes feel dry, a natural tears formula may be used as needed

**11. CONTACTS:**

May be worn after about one week.

**12. SCAR AND SUN:**

Stay out of the sun or wear a brimmed hat for 6 months. Scars become inflamed and get thickened from sun exposure. After the incision is healed you should use sunscreen eye makeup. The scars will become less noticeable over a 6 month period until they are almost invisible.

**13. ANTIBIOTICS AND CONTRACEPTION:**

Contraceptives may be ineffective while taking an antibiotic. Use extra protection.