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Oculoplastic Surgery ~ POSToperative Instructions

When you get home you should start using ice compresses. It is suggested that you use an ice bag or purchase two small bags of frozen peas or corn to use rather than ice cubes. After your surgery, when you return home, you will use the compresses on the surgical incision for 20 minutes on and 20 minutes off while awake for the first 3 days. Four times a day thereafter until your post operative follow-up appointment with Dr. Polonski.

PAIN MEDICATIONS; If you have pain you can use Tylenol 500mg., 1-2 tablets by mouth every 4 hours as needed.

DO;

- ✓ Sleep with your head elevated with a few pillows at a 45 degree angle after the surgery, until swelling goes down. Usually 3-5 days.
- ✓ Use prescribed ointment on the sutured areas 4 times a day and in the operated eye(s) until instructed otherwise. Please note that this may cause blurry vision.
- ✓ It is normal for your lids not to close all the way while sleeping, this can cause dryness. Use artificial tear drops in the eyes if they feel dry, itchy, or scratchy.
- ✓ You may start showering the day after surgery from the neck down. Use warm water and wash your hair from the crown backwards. Use shampoo and conditioner as you feel necessary.

DO NOT;

- ✓ Rub your eyes.
- ✓ Use aspirin or non steroidal anti-inflammatory medications (i.e., Motrin, Advil) for 1 week following surgery.
- ✓ Use hot water to wash your hair. Swim in pools or hot tubs until after post-operative appointment.
- ✓ Wear eye make-up or apply facial creams.
- ✓ Exercise vigorously for 1 week following surgery. This includes, but not limited to, heavy lifting, bending over, running etc.

You may resume normal activity when advised at your post-operative visit. **You will be bruised, swollen, and have blurred vision for at least 10 days following surgery.** It is advised that you plan your social and professional schedule accordingly.

WARNING SIGNS; If you have any of the following signs or symptoms during office hours, please call us immediately at 520-576-5110.

- ✓ Increasing redness, pain or swelling around the operated area.
- ✓ Excessive bleeding.
- ✓ Changes in your vision (that are not due to the ointment).

For appointments or all other questions please call our front office staff at 520-576-5110