



## Post-Op Instructions

- Take it easy the day of surgery. You can resume your usual diet.
- Apply cold compresses as often as possible for the first 3 days. A mask may be provided and can be placed over wet gauze, facecloth, or paper towel (don't place ice directly on the skin). A gel chilled mask or small zip-lock bags with crushed ice or frozen peas can also be used. After the first 3 days you can alternate between cold and warm compresses to help with bruising.
- Apply the antibiotic ointment over stitches and in the operated eye(s) at bedtime. The ointment will cause your vision to blur, you can use preservative free artificial tears to help clear your vision.
- After 24hrs, it is OK to shower and wash your hair, but do not let shower water get directly into the eyes.
- Sleep with 2-3 pillows under your head. A reclining chair can also be used.
- Use Tylenol, Extra Strength Tylenol, or Tylenol PM for pain. Acetaminophen is the generic name for Tylenol. A stronger pain reliever may be prescribed and should be used as directed. You may resume your regular medications.
- Please avoid blood thinners post-op unless instructed to use them. This includes Aspirin products (Excedrin, Alka Seltzer, Baby aspirin), NSAIDS (Motrin, Aleve, Advil, Ibuprofen, Naprosyn), Plavix, Coumadin, Warfarin, Pradaxa, Eliquis, and Xarelto.
- No eye make-up or contact lens use for 2 weeks.
- No strenuous activity, exercise or bending, air travel for 2 weeks. You may watch TV, Read, and Walk.
- You can drive the day after surgery, but it should be limited to emergencies for the first few days.
- Eating/drinking pineapple/pineapple juice can reduce bruising. Bromelain can be substituted for Pineapple. Arnica Montana sublingual (under the tongue) can also reduce swelling and bruising. These items can be found in most health food stores.
- You can expect some blurry vision, redness, swelling, bruising, tearing, oozing and mild discomfort

### **Potential complications (Rarely seen but possible):**

- You may experience dry eye after surgery due to swelling-you may use artificial tears or ointment to help reduce the sensation.
- Although we strive for symmetry it is not always possible.
- Infections are rare. Antibiotic ointment is prescribed to prevent infection. Some surgical facilities may require further antibiotic prophylaxis.
- Fine line scarring may occur.
- If you have severe pain, loss of vision or severe bleeding (EXTREMELY RARE), then call the office (954) 741-5555. Someone is on call 24/7.

**If there are any questions or concerns, please call my office at (954) 741-5555 and press Option 3 to be connected to the doctor's assistant. If after-hours, please ask to speak to the doctor on call.**