



## Oculoplastics Post-Operative Instructions

### **MEDICATIONS:** (Prescriptions and/or any products will be given to you on the day of surgery)

- Antibiotic Eye Ointment: Apply 4 times a day to incision areas for 7-10 days.
- Antibiotic Eye Drop: 1 drop to affected eye 4 times a day for 7-10 days.
- Medrol Dose Pack: Use for swelling according to prescription.
- Take Phenergan for nausea according to prescription.
- Pain Medication: Take Tylenol or Percocet tablets every 4-6 hours as needed for pain until bedtime. If you take the Percocet, **make sure that you take Colace to prevent constipation.**
- Other: \_\_\_\_\_

**WOUND CARE:** Please apply cold, wet soaks until bedtime, and then again on the day following surgery, for at least 4-5 days. (Do not put ice cubes directly on the eyelids.) A simple method of cold soaks includes a washcloth being placed in a mixing bowl of ice cubes and water. A cold wet cloth is placed over the eyelids as often as possible (at least 15 minutes out of every hour while you're awake). Apply eye ointment to stitches 4 times a day for 7-10 days. Water will not hurt most stitches, but be gentle with showers and washing. REMEMBER TO PAT DRY/ DO NOT RUB. Use no makeup until after your first follow-up visit with Dr. Price.

**ACTIVITY:** If you sleep in a recliner or with your head elevated on 2-3 pillows for the first 4 nights after surgery, it will help the swelling go away faster. Also avoid bending over for 7 days or as Dr. Price recommends. You may resume physical exercise and lifting objects over 10 lbs after the first 10 days. You may resume your normal diet after surgery. You may resume wearing your contacts 1 week after surgery, or when they can be inserted without discomfort. Do not force contact wear. CONTINUE YOUR DAILY MEDICATIONS.

### **SYMPTOMS THAT MAY OCCUR AFTER SURGERY:**

- A scratchy sensation in the eye, redness of the white part of the eye
- Moderate swelling of the eyelids, black and blue bruising around the upper and lower eyelids and into the lower face
- Blurring of the vision after using ointment or from swelling
- Oozing of blood from the incisions, tearing/ bloody tears
- Fluid under the clear, thin membrane covering the eye surface (conjunctiva). This may look like a fluid filled blister, a blood blister or jelly in the eye. Do not dab or irritate. It is normal and will go away.

### **CALL THE OFFICE IMMEDIATELY IF THESE PROBLEMS APPEAR:**

- Severe pain, rapid swelling, and/or protrusion of the eyes
- Vision loss or continuous bleeding that is not controlled with cold compresses

***Please call our office during regular business hours (404) 953-4023 if these problems appear.***

**FOLLOW-UP APPOINTMENT:** Your post-operative appointment will be given to you the day of surgery.