

## Discharge Instructions Eyelid Surgery

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### CALL IMMEDIATELY FOR THESE PROBLEMS:

After hours & weekends (512) 533-7355

- Severe pain.
- Rapid swelling and/or protrusion of the eye and/or inability to move eye(s) in all directions.
- Dimming or loss of vision that does not clear with blinking and not caused by ointment.
- Continuous bleeding that is not controlled with cold application.

### NORMAL EXPECTATIONS

- Blood-tinged drainage from incisions and “bloody tears” from your eyes for 24 – 48 hrs.
- Increased swelling and bruising the first day after surgery compared to the evening before. Swelling and bruising may be unequal when comparing one side to the other.
- Bruising on the eyelids appears bright red the first morning, and may move below your eye(s) to the cheekbone(s) in the days following, and become dark purple. Bruising may take 1-2 weeks to fade.

**IMPORTANT: Always wash your hands before touching your wounds or applying medication or cold.**

### EYE PATCH / COLD APPLICATION

- If your eye is patched, remove the patch from the top down \_\_\_ in the morning \_\_\_ this evening.
- Apply cold to eye(s) for \_\_\_\_\_ days about 20 minutes of each hour till bedtime; if patched, ice when patch is removed. Place dry cloth over the eyes, then crushed ice or frozen peas in a small, clean Ziploc bag.

### EYE MEDICATION

- If **prescription eye drops** are ordered, apply \_\_\_ drop(s) to (Right) (Left) eye(s), 4 times a day for \_\_\_ days. Use drops 3-5 minutes before eye ointment.
- Apply **prescription eye ointment** sparingly, beginning (today) (tomorrow):
  - on the stitches 4 times a day for 7 days    in the eye(s) at bedtime for 7 days
- You may apply eye ointment, or use OTC lubricant eye drops, in your eyes as needed if they burn or feel sandy, scratchy, or watery. Eye ointment will blur your vision temporarily.
- Continue your regular eye medications unless otherwise instructed by physician.

### MEDICATION

- Regular or Extra-Strength Tylenol for mild pain. Prescription pain medication for moderate pain. Take with food.
- You were given pain medication in the surgery center. **Next dose of pain medication at \_\_\_\_\_.**
- DO NOT** take Aspirin, Aspirin containing products or anti-inflammatory medications (NSAIDS e.g. Advil, Motrin, Aleve, etc.), for 2 days after surgery.
- Blood thinning medication such as Coumadin, Plavix or Aspirin can be restarted on \_\_\_\_\_.**
- Other medications:**  Promethazine as needed for nausea. Next dose: \_\_\_\_\_  
 Medrol Dose Pack starts \_\_\_\_\_

### ACTIVITY

- Rest as much as possible for 1-2 days after surgery. Sleep with head slightly elevated for first two nights.
- **Avoid** bending below the waist or any heavy lifting (> 20 lbs) for 7 days. Resume aerobic activity in 7 days.
- You may return to work/school in \_\_\_ days.
- **Do not drive** while vision is impaired or while taking prescription pain medication.

### HYGIENE

- You may shower in 24 hours (\_\_\_\_\_ tomorrow) and gently wash your face with water.
- No tap water to eye area for 3 days. Use sterile saline wipes to cleanse eye area until \_\_\_\_\_.
- No eye make-up or concealer to surgical areas until approved by your surgeon.
- Do not wear contact lens for 7 days, or until your surgeon approves.

### DIET

- Resume regular diet. No alcoholic beverages the day of surgery or when taking prescription pain medication.

### OTHER \_\_\_\_\_

FOLLOW UP APPOINTMENT \_\_\_\_\_.

If you have questions immediately after surgery, call Dr. \_\_\_\_\_ Mon-Fri 8am – 5pm 512-458-2141