

Follow-up Date _____ Time _____ Location _____

AFTER EYELID, LACRIMAL, AND ORBITAL SURGERY
Instructions for Patients

You or someone you know has just had eyelid, lacrimal, or orbital surgery. The following are recommendations to make your recovery more comfortable and safe.

Before leaving, you should have a return appointment scheduled either at the Encino or Westlake office. An appointment date and time will be given to you and should be listed on this paper.

Diet: Resume your normal diet today.

When to call your doctor: If you have any questions or concerns, please call the office or answering service at (818) 783-3510.

Call your doctor if you have any of the following:

- A deep aching pain that is not relieved by Tylenol
- Sudden increased redness and/or purulent discharge (pus)
- Increased blurring of your vision
- Bleeding that is excessive or does not stop with gentle pressure or ice packs
- Eye pain accompanied by nausea or vision loss
- Flashing lights or a dark curtain coming down over the vision in your eye

If you have a patch over your eye:

____ Keep the patch on at all times. Do not start using any ointment until after your first appointment. You may take prescribed eye drops in your non-operative eye. When one eye is patched, remember your depth perception will be poor. You may want to avoid any activities that require depth perception, i.e. driving.

____ Remove the patch in _____ days and start using your prescribed eye drops or ointment.

If you do not have a patch over your eye:

Use your prescribed eye drops or ointment as directed starting tomorrow.

Ice packs

_____ If you have been provided with an ice pack, it may be used on the way home and for the first 72 hours after surgery. If the surgery center did not provide an ice pack, frozen peas wrapped in a clean, dry cloth, or drug store versions are acceptable. Try to use it for twenty minutes on and twenty minutes off, but the more ice that is used, the less swelling, discoloration, and discomfort you will have. It is not necessary to use the ice pack while sleeping. Use crushed ice if possible or very small cubes. This will help the ice mold to the contours around the eyes. You must have a very moist gauze pad on the area prior to putting on the ice packs. After 72 hours, warm, moist compresses are more effective in reducing swelling and discoloration.

_____ Do not use ice. It may adversely affect the healing process.

Swelling

You can expect some swelling and black and blue discoloration. This may be more evident 2 or 3 days after surgery than after the first day. This swelling and discoloration may, by gravity, tend to collect in the lower eyelids or cheeks. The use of ice will help keep this to a minimum. You may also experience tearing, sensitivity to light, itching, bloody tears, and tightness of the eyelids. These sensations should improve daily. If you have severe swelling or any of these symptoms persist or are worsening, contact your surgeon immediately.

Activity

- Never rub your eyes.
- Avoid stooping, bending and straining for the first week after surgery.
- If you have a cough, you may take over-the-counter cough medicine.
- If you are constipated, take a stool softener.
- You may perform all normal activities as long as they do not involve jerking movements of the head.
- Vigorous activity and exercise should be avoided for 2 weeks after surgery.
- You may shower, but try to avoid running water, soap, and shampoo over your eyes.
- Hair may be shampooed “beauty shop” style with the dead back. DO NOT let “dirty” water run over your eyes.
- For the first week, it is preferable that you sleep with your head elevated on a couple of pillows. Try not to sleep face down.
- You may resume wearing make-up on your face in 2 weeks. Eyeliner and mascara should be used sparingly in the first month.

Medications

Take the following medications as directed.

Medicine #1

_____ times a day _____ eye(s) _____ orally

Medicine #2

_____ times a day _____ eye(s) _____ orally

Medicine #3

_____ times a day _____ eye(s) _____ orally

Medicine #4

_____ times a day _____ eye(s) _____ orally

Medicine #5

_____ times a day _____ eye(s) _____ orally

You may take Extra Strength Tylenol (as directed on bottle) as needed for any pain or discomfort. Resume all other medications you were previously taking unless otherwise specified. **Do not take any pain relievers containing aspirin or NSAIDS (Advil, Aleve, Motrin, etc) for the first week after surgery.**

If you were instructed to stop your prescribed blood thinners preoperatively (Coumadin, Warfarin, Plavix, aspirin etc.), you may resume them with the next scheduled dose or as directed by your primary care physician.

Please bring all your medications related to this surgery with you every time you see your doctor.

Bleeding

Some oozing may occur from the incision site where the stitches are. A light gauze may be applied to help stop the oozing. If bleeding is severe or persistent, call your surgeon immediately

_____ If lacrimal surgery was performed, some oozing may occur from the nose and throat. A moustache dressing just beneath the nose is helpful.

_____ **No nose blowing.**

Stitches

Stitches should be kept clean. You can clean them gently with a moist Q-tip twice daily.

_____ They will be removed in the office.

_____ They will dissolve or fall out on their own.

Eye Pain

You can expect some discomfort after eye surgery. Mild soreness can be expected. If your pain is severe and is not relieved by Tylenol, contact your surgeon immediately. Avoid all pain relievers containing aspirin or NSAIDS for the first week after surgery.

Vision

Your vision immediately after surgery may be blurry for many reasons; do not be alarmed. However, if at any time after surgery your vision gets worse, you experience severe pain, or swelling with inability to open your eyes, contact your surgeon immediately.

Important Telephone Numbers

Day or Night Call.....(818) 783-3510