



Oculoplastics Postoperative Instructions

What to do AFTER surgery:

- Apply ice to your eyes for 20 minutes on, 20 minutes off, as much as possible for the first 3 days.
- Mild pain, controlled with Tylenol, is common and usually resolves within the first few days.
- Rest and avoid any strenuous activity.
- Vision can be slightly blurry for several days after surgery and can be worsened when the ophthalmic ointment gets in the eyes.
- Apply antibiotic ointment to incisions 2-3 times per day for 1-2 weeks.
- Most sutures dissolve within 1-2 weeks. Some can last longer. If you have sutures that require removal, this will be done at your post-op appointment.
- Most patients are bruised and swollen for 2 weeks but some swelling and bruising can last 3-4 weeks. Slight bleeding after surgery is normal.
- After surgery, you will have a small gauze dressing. This can be removed the night of surgery or morning after surgery. If you have bleeding, you can replace the gauze dressing and hold gentle pressure.
- Sleep with the head of the bed elevated or in a recliner for the first week to improve swelling.
- You may shower 48 hours after surgery. Do not allow the shower head to directly spray your face. Do not rub your face. You may use a gentle soap or warm cloth if needed.
- Do not apply make-up, lotion, or sunscreen until your incisions are healed (usually 2-3 weeks).

Contact us immediately at 270-415-0245 if you experience any of the following:

- **Sudden decrease or loss of vision**
- **Severe pain not relieved by Tylenol**
- **Uncontrollable bleeding**
- **Abnormal swelling, worsening redness, or pus-like drainage**