



Oculofacial Plastic Surgery Consultants, PA  
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## **Post-Operative Instructions**

### **Normal Expectations:**

- Blood-tinged drainage from incisions or “bloody tears” for 24-48 hours.
- Increased swelling and bruising two days after surgery- this may be unequal compared to each side.
- Bruising may start in eyelids and move lower on your face- this may take 2+ weeks to fade.
- Schedule approximately 1 week off from work (if possible) to allow for the resolution of swelling and bruising. Resolution times may vary per patient.

### **Dressing:**

- Apply ice compresses as much as possible for the first 48-72 hours. You can use the ice more often on the day of surgery. Cold wet towels, ice masks, or a bag of frozen peas covered by a soft cloth work well also. Icing is not necessary while sleeping or if you have a patch over the eye.

### **Medications:**

- Apply a small amount of the prescribed ointment to the operative sites, twice a day for 3 days. After 3 days, please stop the ointment and apply Vaseline to the incision sites to keep the incision moisturized.
- If your eyes feel dry, it may be helpful to squeeze a bit of ointment into your eyes as well. **This will temporarily blur your vision.**
- You may not need ointment if you have a patch in place.
- **DO NOT** pull on your eyelids to place the ointment.
- Take Tylenol tablets as instructed for pain, while awake.
- Your doctor may prescribe a stronger pain medication than Tylenol. **DO NOT** take this medication with Tylenol.
- Restart blood thinning medications when instructed by your primary care doctor.

### **Activity:**

- **DO NOT** rub your eyes around the surgical site.
- Sleep with your head slightly elevated and avoid stooping or bending for 1 week. Avoid sleeping on the operative side.
- Please avoid any strenuous activity, heavy lifting or bending for 2 weeks after surgery.
- **DO NOT** drive while taking prescription pain medication.
- Avoid sun exposure to the surgical site for 1 month- this will improve the appearance.
- No swimming or hot tub use for 2 weeks after surgery.
- If you had tear duct surgery, please avoid nose blowing for 1 week.

### **Hygiene:**

- You may shower/bathe normally starting 24 hours after surgery.



- You may gently clean the operated area with mild soap (baby shampoo) and water starting the day after surgery. Please pat dry. **DO NOT** rub the eyes after surgery!
- Avoid the development of crusting over the incision by applying Vaseline daily.
- **DO NOT** use eye make-up until approved by your physician.

**Call Right Away If:**

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