

Oculofacial Surgery & Aesthetics
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Post-Operative Instructions

It is our sincere hope to make this surgical experience as pleasant as possible. We understand that you can receive a large amount of information during the discharge process, so we have prepared this letter to help clarify some of the instructions.

- Apply **cold compresses** until bedtime (at least 15 minutes out of every hour) and then again, the following day. You can use frozen gel mask or other methods to keep the area cold to reduce swelling and pain. (Do not put ice directly on the eyelids!) Preparing the cold compresses a head of time is a recommendation for convenience.
- If you were prescribed **prescription ointment or prescription eye drops**, use as directed. For the ointment, **apply it to the stitches** 2 times daily (morning and at night) until your follow-up visit. Please note that the ointment **WILL** temporarily blur your vision. For the prescription eye drops, **apply inside the eye**, twice per day until your follow-up visit.
- Water will not hurt most stitches but be gentle with showers and washing. Remember to pat dry/do not rub. Turn your face away from the shower head.
- Please sleep in a **recliner** OR with your head elevated on 2-3 pillows for the **FIRST NIGHT** after surgery, this will help with swelling.
- Also, **avoid bending** over the waist for five days.
- Avoid Eye Make-up
- Please use over the counter **Artificial Tears (Lubricant Eye Drops)** 2-4 times per day for dryness.



BLEEDING: You should expect some oozing of blood from your surgical site for the first day. Some swelling and bruising are expected. If there is a steady stream of blood, place direct pressure over the surgical site with a gauze or clean cloth for **five minutes by the clock** without checking. If the bleeding persists, please call your doctor at the number listed below or go to the nearest Emergency Room.

PAIN: Most of our patients experience only mild-to-moderate discomfort, but this varies. You may take extra strength Tylenol. Ice compresses provide excellent pain relief, and this should be used as described above. If you are experiencing severe pain, this is unusual, and you should call your doctor.

MEDICATION: You were likely prescribed either an eye ointment or eye drops prior to surgery. The ointment is to be applied to the incision line twice daily. Eye drops are to be used 2 times daily if prescribed. If your incision is adjacent to the eye, you need to place the ointment directly on the surface of the eye. If you notice increasing itching, do not hesitate to call the office; you may be developing a mild allergy to the ointment and you should discontinue it.

ACTIVITY: Avoid strenuous activity, no heavy lifting (over 10 pounds) or bending over for the first 5 days. You can resume your normal activity after the first five days.

FOLLOW-UP CARE: Your follow up appointment will be one week after surgery.

It was a pleasure serving you. We wish you a speedy recovery. We hope you find this letter helpful in answering many of your questions. However, do not hesitate to call us if you have any questions. Our office number is (434) 244-8610.

For **AFTER-HOURS EMERGENCIES**, please call the office directly at (434) 244-8610 and leave a voicemail. After hour voicemails are checked directly by Dr. Kirzhner. If you are calling after hours and have a **NON-EMERGENT** question, please leave a voicemail and we will return your call on the next business day.