

Patient Discharge and Postoperative Instructions

Eyelid Surgery

YOU HAVE RECEIVED SEDATIVE MEDICATION AND/OR GENERAL ANESTHESIA WHICH MAY MAKE YOU DROWSY FOR AS LONG AS 24 HOURS.

DO NOT DRIVE OR OPERATE MACHINERY FOR 24 HOURS

DO NOT drink alcoholic beverages while taking pain medications.

DO NOT make major decisions, sign contracts, etc. for 24 hours

WOUND CARE

Please keep your dressings dry and intact. You may use ice compresses over the eyes to decrease swelling (if indicated).

Clean your eyelid incisions three times a day. To cleanse the incision, you will use a Q-tip soaked in water and gently dab it along the incision line, pat dry and apply erythromycin ophthalmic ointment to the corners of the eyes and on the sutures. Before bed you will also apply the ointment along the lower lash line so that a thin layer protects the eyeball as you sleep to retain moisture to your eye. Applying the ointment in this fashion will create blurry vision, which is normal. You may apply Arnica cream/gel to any bruises to help these fade faster, but don't apply over the sutures.

DIET

Avoid alcoholic beverages & cigarettes for 2 weeks after surgery to promote adequate healing.

ACTIVITY

You should only rest. For 2 weeks during recovery, there is no heavy lifting, pushing, or pulling anything over 10 pounds. Avoid bending over and keep your head elevated. Sleep on your back and try to stay as central as possible not to sleep on a side, as your swelling may then shift to that side. Pillows under your knees and arms help to reduce pressure for patients who experience back discomfort. Keeping your head elevated on several pillows will help allow the swelling to go down as fast as possible.

BATHING

It is ok to get the sutures wet after 24 hours in a shower, but no submersion in water such as in a bath and no swimming.

MEDICATIONS

Keflex (cephalexin)/clindamycin = antibiotic. Take as directed after your surgery until you have finished the entire course

Zofran (ondansetron) = anti-nausea medicine. Take as needed for nausea or vomiting the day of and/or day after your surgery.

Norco (hydrocodone-acetaminophen)/tramadol = pain medication. Take as directed as needed for pain. Do not take NSAIDS such as ibuprofen/motrin/aleve

Medrol-Dosepak = steroid taper. Start taking this the morning after your surgery. Follow the package directions, although you may also choose to take the entire day's worth of pills at once each morning with breakfast.

Erythromycin (or similar) ophthalmic = antibiotic ointment that is safe to get into the eye. If this was prescribed, use this ointment to apply to any sutures and incisions around your eyes

OPTIONAL SUPPLEMENTS:

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Facial Plastic Surgery

Arnica = homeopathic supplement that helps decrease bruising and swelling. This comes in both tablet version and cream version. Take the tablets as directed on the bottle starting 1-2 days prior to surgery and continue for the week after surgery. The cream is applied to bruised skin after your surgery to help the bruises fade faster. Do not apply the arnica cream directly over your sutures.

Vitamin C = helps promote healing and collagen formation

SPECIAL INSTRUCTIONS

Call the office if you develop any of the following: Fever ($>101^{\circ}\text{F}$), or pain that is not relieved with your pain medication, excessive swelling, redness at incision sites, heavy bleeding, foul drainage, persistent nausea and vomiting, blurry vision or any visual problems, eye pain, or any other concerns.