

Cosmetic Eye Institute Selena Fu MD

Oculoplastic Patient Post-operative care instructions

1. Today you may have received any of the following medication for sedation for your surgery: Versed and/or Propofol. Be aware that you can have drowsiness, light headedness, restlessness, and amnesia from these medications. Be careful when ambulating.
2. Along with the sedation medication, you may have received pain medicine through your IV as well. This medication can cause drowsiness, dizziness, light headedness, difficulty urinating, and nausea/vomiting.
3. Sleep on your back with your head elevated on 2 pillows 1 week. Do not sleep face down or on your side.
4. You may have some oozing, bruising, swelling, red eyes, irritation, and blurred vision. A small amount of oozing is common; you may put a pad over the operative site and use gentle pressure for 10 minutes.
5. Apply prescribed ointment on the suture line(s) 2-3 times a day and inside the eye at bedtime for 7 days.
6. Use artificial tear drops in the eyes if they feel dry, itchy, or scratchy.
7. Some stitches will dissolve; those that do not will be removed in the office.
8. You may shower/bathe and shampoo your hair with head tilted backwards and eyes closed after tomorrow.
9. Take Tylenol 500mg by mouth every six hours or a prescription pain medication prescribed to you as needed for pain.
10. Do NOT take any nonsteroidal anti-inflammatory medications such as Aspirin, Motrin, Nuprin, Toradol, Ibuprofen, Clinoril, Naprosyn. Restart these meds 1 week after surgery if needed. Follow your primary care physician's instruction; you may restart Coumadin in 2 days after surgery. Restart Xarelto, Eliquis 24 hours after surgery. Restart Pradaxa 72 hours after surgery.
11. When you arrive home, start ice cold compresses 10-20 minutes every 1-2 hours while awake for the first three days.
12. You may use cool compresses supplied or frozen peas or corn wrapped in a clean towel. You may use purchased cold compress (for example D.E.R.M mask or Tranquil eyes) specially made for the eyes or the Lid Lift Goggle as instructed for the speediest recovery and prevention of postoperative swelling and bruising for 1-2 weeks.
(<https://www.lidliftgoggle.com>) The more you use the goggles or cold compresses, the faster your swelling will improve.
13. Start warm compresses the fourth day. Apply them at least 2 times a day for 5 minutes per application. Continue warm compresses as long as you have any swelling or bruising. Fill a clean wash bowl with warm, not hot, water. Use a clean white washcloth and repeat the method as described above, changing the cloth when no longer warm. This should be repeated as frequently as is practical, since not only will it relieve discomfort, it also helps promote healing of the postoperative bruising.
14. Avoid the sun. Wear sunglasses and sunscreen with SPF 15 or greater when going out. Incisions will be extremely sensitive to sunlight during the healing phase.
15. Do NOT wear eye cosmetics until you are completely healed.
16. Do NOT wear contact lenses until permitted by your doctor, usually 2-4 weeks.
17. Do NOT smoke during the post operative period, as smoking will slow your healing.
18. Rest as much as possible after surgery for 24 hours. Strenuous activities or vigorous exercise should be avoided for 1 week. This includes lifting heavy objects, bending over, running, sex, etc.
19. No driving for 24 hours after surgery.
20. Your post-operative appointment with Dr. Fu is on _____ at _____ am / pm at the office.
21. **Call Dr. Fu at Cosmetic Eye Institute 913-387-1104 if you become concerned or have other questions. If you have any sudden loss of vision or continued bleeding after surgery, go to the nearest emergency room.**

Patient Signature

RN Signature