

Cosmetic Eye Institute Selena Fu MD

Tear Duct Repair Patient Post Operative Instructions

1. Today you may have received any of the following medication for sedation for your surgery: Versed and Propofol. Along with the sedation medication, you may have received pain medicine through your IV as well, called Fentanyl. Be aware that you can have drowsiness, light headedness, restlessness, amnesia, difficulty urinating, and nausea / vomiting from these medications. Be careful when ambulating.
2. Keep head elevated on 2 pillows when in bed.
3. You may have some oozing, bruising, swelling, red eyes, irritation, and blurred vision.
4. Do NOT blow your nose, use saline nasal spray or Afrin OTC as needed for congestion.
5. You may remove the patch over your wound on day 2 if there is one.
6. You may have sutures that need removal at your post op visit.
7. You may have bleeding from your nose or blood tinged / pink tears. If your nose is packed, you may remove the packing after 24 hours. Small amount of old blood that is darker is expected. If you encounter bleeding, apply pressure to your nose for 10 min and check for bleeding afterwards. However, fresh red blood that does not stop is not normal. Call the office immediately. When bleeding is severe and does not stop, call 911 and go to the nearest ER.
8. If there is a small clear tube placed into your tear duct, you may or may not feel it when moving your eyes. If it gets pulled out, do not panic (happens in a small percentage of time when your eyes are rubbed or a child pulls on the tube), tape it to the side of your nose, call the clinic and come in to have it removed.
9. Use prescribed medication as directed.
10. Use artificial tear drops OTC in the eyes if they feel dry, itchy, or scratchy.
11. You may shower/bathe and shampoo your hair with head tilted backwards and eyes closed after tomorrow.
12. Take Tylenol 500mg 1 tablet by mouth every six hours or a prescription pain medication prescribed to you as needed for pain.
13. Do NOT take any nonsteroidal anti-inflammatory medications such as Aspirin, Motrin, Nuprin, Toradol, Ibuprofen, Clinoril, Naproxen. Restart these meds 1 week after surgery if needed. Per your primary care physician's instruction; you may restart Coumadin in 2 days after surgery. Restart Xarelto, Eliquis the 24 hours after surgery. Restart Pradaxa 72 hours after surgery.
14. When you arrive home, you may start ice cold compresses 10-20 minutes every 1-2 hours while awake for the first two days. Use either cool compress supplied or frozen peas or corn. Wrap in a clean towel and apply to the operative site.
15. Start warm compresses on day 3. 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.
16. Avoid the sun. Wear sunglasses and sunscreen with SPF 30 or greater when going out. Incisions will be extremely sensitive to sunlight during the healing phase.
17. Do NOT smoke as smoking retards 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.**

Patient Signature

RN Signature