Eye Plastic, Lacrimal or Orbital and Surgery
Post Operative

Postoperative bruising, swelling, discomfort and mild bleeding can be expected. The swelling and bruising will peak at 48 hours and then will gradually improve.

Pain Management and Medications

- Pain is generally mild to moderate for the first day or two.
- Use Acetaminophen (Tylenol) for any pain or discomfort (1-2 tabs every 3-4 hours as directed on the bottle).
- Apply ointment to the incision 4x per day until the sutures are gone. You can apply with a Q tip or finger. The ointment may cause temporary blurred vision.
- Talk to your cardiologist if you are on blood thinners. If they agree then wait one week to restart blood thinners. Coumadin may be restarted the day after surgery.
- Do not use Aspirin, Ibuprofen (Motrin or Advil) or Naproxen for one week after surgery as it could lead to bleeding from the incision.
- All other medications you were on before the surgery may be restarted on the regular schedule.

Activity

- Do not drive for 24 hours.
- Avoid strenuous activity for one week.
- Do not lift anything heavier than 5-10 pounds for one week.
- No excessive bending at the waist for one week following surgery to prevent excessive bleeding or swelling.
- Sleep with your head elevated on an extra pillow or sleep in a recliner for one week.
- Avoid sun on your incision for 6 months. Use sunglasses, hat and sunscreen.
- Do not wear makeup or contacts for 2 weeks.

Diet

- Resume normal diet. Do not consume alcohol for 24 hours.

Surgical site / Incision
• If a bandage was applied, please leave in place for 24 hours unless otherwise instructed.
• Do not rub the surgical area; apply eye shields at bedtime for one week.
• When using ice packs or ice in a plastic bag, wrap the bag in a paper towel or thin cloth when putting the ice on the skin.
• Use ice packs as much as possible for the first 48 hours while awake to help with swelling. 20 minutes on and 20 minutes off to prevent the skin from getting excessively cold.
• Some people buy frozen peas or corn to use as ice packs wrapped in a thin towel because they conform to the face and can be refrozen.
• Sleep with your head elevated with an extra pillow or in a reclining chair for the first week. This will also help with the swelling. Sleep on your back or side to avoid pressure on the incision.
• It is common for bleeding from the incisions to occur up to one week after the surgery. Gentle steady compression with the ice packs will stop it. It is normal for the incisions to feel slightly lumpy for several months after the surgery due to scar formation. The scars will smooth out over time.
• If you have sutures, try not to get them soaking wet. You can wash your hair in the shower by letting the water run down your back. Try not to let the water hit you in the face or run down your face. If the sutures do get wet, pat them dry and apply your ointment. Apply the ointment to the sutures 4 x per day until the sutures dissolve (about 7-10 days).
• Use Q-Tips or washcloths to gently clean the incision if needed.
• Swelling and bruising will worsen for 2 days and then gradually improve. Eyelid swelling and ointment you use near the eyes may cause mild blurry vision.

When to call the physician at (315) 464-5253:

• There significant changes in vision.
• Dimming of the vision.
• Decreased brightness of color vision.
• Increased pain, redness, or swelling more than two days after the surgery.

Office hours are between Monday-Friday between 8 am - 5:00 pm and after hours an answering service will help you reach who is on call.