

1. Swelling and Bruising

Some swelling is normal. Use cool pack for the first 24 to 48 hours. **If you experience severe swelling or changes in vision call the office immediately.** Use a lubricating ointment at night (Puralube, Refresh PM). A dressing should be used to help bruising and dematoma. Use cool packs and damp cool gauze or Swiss eye therapy mask.

2. Activity

Sit up or semi-recline. Elevate the head of the bed 30 degrees. **No strenuous activity, straining, or bending for 48 hours.** Increase activity as tolerated with no heavy exercise for two weeks. Do not smoke or use any nicotine products or drink alcohol for 48 hours after surgery. Avoid nicotine for two weeks after surgery.

3. Fever

If a temperature above 101.5 occurs, contact the office.

4. Baseline Pain

Unless you are allergic to or otherwise cannot take Ibuprofen or Tylenol (acetaminophen), please start taking the following:

800mg of Ibuprofen and 500mg of Tylenol every 8 hours for 4 days.

- You will receive a prescription for Ibuprofen
- Extra Strength Tylenol (500 mg) may be purchased over-the-counter

Breakthrough pain: you may take additional Tylenol, not to exceed 4000mg in one day. You may substitute Hydrocodone (which contains 325mg of Tylenol) for Tylenol.

After day 4: you may take over-the-counter Ibuprofen and Tylenol.

- We recommend no more than 2400mg of Ibuprofen in a day, if taking it for extended periods after post operative day 4.
- We recommend no more than 2000mg of Tylenol in a day, if taking it for extended periods after post operative day 4.

If pain is exceeding the recommended regimen, contact the office.

5. Diet

Eat something when you feel ready.

6. Washing

Do not get surgical site wet for 24 hours after surgery. Later, you may let water run over the area for brief periods. Do not soak. Do not let shower spray directly on surgical site. Do this for two weeks.

7. Wound Care

Coat the sutures with a thin covering of antibiotic ointment (double or triple antibiotic ointment; **Bacitracin**, Neosporin, Polysporin) twice daily. Use a clean cotton tip applicator.

Do not use makeup on the incision until it is fully healed.

To reduce the appearance of the scar, topical silicone ointment can be applied after it is fully healed (in about 2 weeks).

8. Nausea

Nausea is a normal side effect of narcotic pain medications. If you have severe nausea or vomiting, you should discontinue the narcotic pain medication and call the office.

9. Scratchy Feeling

Eyes may feel dry and scratchy. Blood, tears, and drainage are normal, especially in the first few days. **Begin using preservative free natural tears formula eye drops (Refresh Plus, Systane Hydration PF) immediately following the surgery and for several days.**

10. Contacts

Contacts may be worn after about two weeks.

11. Scars and Sun Exposure

Stay out of the sun or wear a brimmed hat for 6 months. Scars become inflamed and get thickened from sun exposure. After the incision is healed, you should use sunscreen eye makeup. The scars will become less noticeable over a 6-month period.

Patient Name: _____

Ride Signature: _____

Next dose of Ibuprofen with Tylenol:
