

## **AFTER SURGERY INSTRUCTIONS**

### **WHEN YOU GET HOME:**

**Medications:** Pick up prescribed medications from your pharmacy on your way home. This typically includes eye ointment or eye drops. Dr. Kossler may also prescribe an anti-inflammatory pill, antibiotic or pain pill depending on your surgery. Restart meds prescribed by your primary care physician (PCP) the next morning unless otherwise advised. Resume elective blood thinners 5 days after surgery. Prescribed blood thinners should be discussed with your PCP.

**Ice Packs:** Place ½ cup of frozen peas or crushed ice in a ziplock bag. Wrap the bag with a damp washcloth or headwrap & apply to eyelid(s) while laying down. Ice 30 minutes per hour while awake for 48-72 hours after surgery. Rotate 4-6 bags in your freezer to keep them cold.

**\*\*\*The more you ice, the less swelling you will develop!**

**Eye ointment/drops:** Start use at bedtime. For ointment: Apply ¼ inch to the involved eye(s) & incision sites, with a Q-tip, 3 times a day for 7 days. If your eyes feel dry you may use ointment more frequently. You may also use over the counter artificial tears to keep your eyes refreshed as often as you desire. Do not apply ointment to the eye two hours before your appointment (ointment temporarily blurs vision).

**Pain control:** Take **Tylenol (acetaminophen) 500 mg every 4-6 hours as needed for discomfort (up to 3000 mg/day).** Please avoid Aspirin, Advil (NSAIDS), blood thinners for 3-7 days (depending on bruising). Dr. Kossler may prescribe a stronger pain medication; take as directed.

**Patch:** If Dr. Kossler applies a patch until your post op visit, please do not remove it and keep it clean and dry.

### **HYGIENE:**

**Bathing:** You may bathe the day after surgery. Face away from the shower stream to protect your eyes. Use a damp washcloth to clean your face. Gently clean any crusts away from the stitches & eyelashes with a Q-tip moistened with warm water. Avoid pulling a scab that can result in the incision opening or a more visible scar/incision.

**Makeup:** Avoid makeup near your incisions for 14 days. You can wear make-up after 14 days to show off your new look! You can also wear make up to bruising on your cheek or face not near your incisions.

### **What to expect after surgery...**

All patients heal at different paces and each patient is unique. A positive mental outlook, good nutrition, and patience will help the healing process.

The following symptoms are expected:

- **Redness, swelling, and bruising:** Bruising and swelling worsens over the first 3 days then it improves. This may be unequal comparing each side and will move to your lower eyelids, cheeks and face due to gravity. This may take more than 2 weeks to fade.
- **Blurred vision:** Your vision will be blurry after surgery due to ointment and healing. This will resolve. Rarely your glasses prescription can change after eyelid surgery.
- **Tearing, itching, foreign body sensation:** Ointment can improve this. Also, clean around your eyelids & lashes with a wet Q-tip to minimize crusting, oil secretions and discomfort.
- **Eye redness:** Bruising or inflammation may occur over the white of the eyes.
- **Tenderness & pain:** Take Tylenol for minor discomfort & prescribed pain medication for moderate discomfort.
- **Bloody tears or oozing from incision:** This may persist for 24-48 hours after surgery.

## How Can I Minimize Bruising?

All bruising fades with time. Follow these instructions to minimize bruising:

- Avoid blood thinners prior to and after surgery—patients that bruise easily or take blood thinners may take longer to heal. Please be patient.
  - Avoid strenuous activity 1 week after surgery.
  - Ice Packs to the surgery site!!! As much possible the first 3 days after surgery.
  - **\*\*\*Optional:** (order online prior to surgery)
    - Homeopathic Arnica Montana ointment or SinEcch (pill form). Usage depends on the formulation. Typically, one pill 3 x/day x 4 days starting the day of surgery. Ointment is applied to bruising 3 times a day.
    - Bromelain (homeopathic medicine)
    - Good nutrition & fruits (pineapple & papaya)
    - Ocumend gel pads (available online)
- \*\*\*Optional items, including arnica, do not have convincing clinical trials & are NOT necessary for healing. These options are elective.**

**\*\*\* Emergency Symptoms\*\*\*** Please call immediately or go to the Emergency Room if you experience:

- Severe or deep pain
- Bleeding not controlled with pressure
- Rapid swelling of the eyelids or eye protrusion
- Loss of vision not improved with blinking or drops

### CHECK LIST FOR POST-OP APPOINTMENT:

- Write down all your questions
- Bring all medications related to your surgery
- Bring any distance prescription glasses you may have so that we may check your vision

**Post-operative Appointment:**

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### ACTIVITY:

**Diet:** Resume your regular diet and stay hydrated.

**Sleeping:** Elevate your head slightly with pillows for one week. Please **DO NOT** sleep on your stomach or operated side. Ask the post-op nurse for eye shields if you cannot sleep on your back.

**Eye Rubbing:** Avoid rubbing, pulling, scratching your eyes or eyelids around the surgical site. Please wash your hands frequently!

**Sun Exposure:** Wear sunglasses and a hat to protect your incisions from the sun for 4-6 weeks to allow optimal healing.

**Driving:** Do not drive the day of surgery or while taking sedatives or narcotics. Avoid driving until you feel comfortable with vision changes.

**Strenuous activity/Swimming:** Avoid bending, straining, heavy lifting for 7 days to avoid bleeding or increased swelling. Avoid swimming for 2 weeks

## How Long Will It Take To Heal?

Healing times vary for each patient and surgery. Be patient as complete healing takes time. In general: the first 2 weeks you may look like you had surgery, by month 1 we should be very happy with the results and the appearance will continue to improve over the next 6 months. On a cellular level complete healing can take up to 12 months.

\* Some surgeries take much less time to heal!

### USEFUL PHONE NUMBERS

- Byers Eye Institute Main Number: (650)723-6995
- Oculoplastics Nurse: (650) 497-7724
  - **MyHealth Message Preferred**
- Oculoplastics Surgery Scheduler: (650) 735-1628
- Stanford Page Operator EMERGENCY ONLY
  - (650) 723-6661 (after hours only)

\*Ask for the ON CALL Eye Doctor and state that you have had eye surgery

The Byers Eye Institute at Stanford; 2452 Watson Court, Palo Alto, CA 94303;

Phone: 650-723-6995; [oculofacialplasticsurgery@stanfordhealthcare.org](mailto:oculofacialplasticsurgery@stanfordhealthcare.org)

Stanford Oculoplastics Website:

[http://med.stanford.edu/ophthalmology/patient\\_care/specialty\\_clinics/clinics\\_plastic.html](http://med.stanford.edu/ophthalmology/patient_care/specialty_clinics/clinics_plastic.html)