

Post-operative Instructions

GENERAL INSTRUCTIONS

- Apply gentle ice packs to your eyes for 20 minutes every two hours, for the first 48 hours while awake.
- Resume all oral medications after surgery unless instructed otherwise.
- Use the antibiotic ointment on your upper eyelid sutures 3-4 times per day for 7 days. The ointment will not hurt your eye if it gets in the eye (it is formulated for use in the eye), but it will make the vision blurry because it is greasy.
- Use the antibiotic drops in both eyes 4 times per day for 7 days, then twice a day for the next 7 days.
- Wash the laser treated areas with vinegar soaks and apply aquaphor (instructions below)
- Sleeping with the head of your bed elevated if you can (extra pillow) for 3-4 days will help reduce swelling.
- Please do not bend below the waist or lift things heavier than 10 pounds for 5 days
- Showering is OK but please avoid getting tap water on the laser area for the first day. You may wash your face with distilled water. Only wash the laser treated areas with the vinegar wash. Do not rub your eyelids, forehead, or cheek. Gently pat dry the area. Do not rub.
- Avoid hot tubs, saunas, ocean/lake water and swimming pools for 1 week
- It is alright to use your operated eyes for reading, watching television, and using your computer.
- If you have pain, try taking tylenol as directed on the bottle. Do not use ibuprofen or naproxen. If your pain is not controlled with tylenol, use the oxycodone every 6 hours as needed for pain. This medicine can make you feel sleepy, confused, and increase your risk for falling. Do not use this medication without someone at home to help you.

- No driving while using narcotic pain medication (tylenol is ok), if your vision is blurry, or if you are in pain.
- A small amount of bloody oozing or blood-stained tears are normal in the first few days. Uncontrolled bleeding that will not stop with gentle pressure is not normal and you should call your doctor.

EYE AREA INSTRUCTIONS

1) Ice

-- Apply gentle ice packs to your eyes for 20 minutes every 2 hours for the first 48 hours.

2) Vinegar soaks and Aquaphor Ointment

-- Mix one teaspoon of distilled white vinegar in 1 cup of distilled water (can get drug store). Cold water is best for the first two days (keep the bottles in the fridge).

-- Starting when you get home, do vinegar soaks every 2 hours while awake for 1 week

-- Dab the vinegar/water solution onto the skin with a paper towel. Allow to soak for about 1 minutes and then wipe off the old ointment and debris from the skin. (The goal is to remove the old ointment and any bacteria on the skin)

-- Reapply Aquaphor protective ointment.

-- The frequency of these vinegar/water soaks will decrease to four times per day after 1 week.

3) Antibiotic Ointment

-- Starting when you get home, apply 4 times per day to sutures on upper eyelids only. You will do this for 1 week.

4) Antibiotic eye drop

-- Starting when you get home, use the antibiotic eye drops 4 times per day in both eyes for 1 week, then twice a day for one week

Please contact us for any increase in redness, pus-like discharge, pain or nausea not controlled with medication, bleeding that does not stop with pressure, fever greater than 100F, decrease in vision or any other concerns.

