

INSTRUCTIONS FOLLOWING OCULOFACIAL PLASTIC SURGERY: **Tear Duct Surgery**

After your eyelid surgery, there are many things which you, the patient, can do to assure the best possible results from your operation. These instructions should be referred to whenever questions arise. If there are any questions not answered here, do not hesitate to call our office.

NO NOSE BLOWING: After surgery, you may feel your nose is congested and "stuffed up." This is normal but it is very important to avoid blowing your nose after surgery. This can cause air to pass up into the eye socket, potentially compromising your vision, so it is very important to not blow your nose. In addition, it may dislodge the stent placed after surgery which could affect the outcome of surgery. Do not blow your nose for **at least 2 weeks** after surgery. If you have a nasal drip, you may dab the nostrils, but no forcible blowing is allowed. You may have some nasal packing in the deeper part of the nose - if you notice that you have some packing come out of your nose after surgery do not be alarmed.

VISION: Your vision may be slightly blurred and out of focus after surgery. You may experience periods where it feels like you are "looking through a window that's not fully transparent" or you cannot get things into clear focus. This is usually from dryness or watering of the eyes and may take 2-3 weeks to improve. In addition, the antibiotic ointment or drops that have been prescribed may temporarily blur your vision, but it is important to still use it. **If your vision becomes gradually more dim or completely dark, this is not normal and you need to call our office immediately.**

For the **first 7-10 days following surgery**, you will need to treat any stitches placed with great care. It is okay to shower. You may gently clean the eyelashes and around the eyes with water moistened cotton balls. **DO NOT RUB STITCHES VIGOROUSLY.** Keeping stitches moist with the prescription ointment (if you have stitches after surgery) will help promote healing and reduce scar formation.

MEDICATIONS:

1. You will be given a prescription for erythromycin ophthalmic ointment to use 4 times a day on your sutures for 12-14 days.
2. You will be given a prescription for maxitrol ophthalmic drops to use 4 times a day in the operated eye for 2 weeks, then stop (unless otherwise directed)
3. You will be given a prescription for tramadol (or similar) for pain not relieved by tylenol (**avoid** aspirin, ibuprofen and naproxen for pain, particularly for the first 72 hours)
4. We would like you to use saline nasal spray in the nostril on the same side as surgery twice a day starting right after surgery. Examples include Ocean nasal spray or a generic. These can be purchased over the counter at a pharmacy. Saline nasal spray is very important

because you want to keep the inside of the nose moist after surgery to help reduce scarring and improve the success of the surgery.

5. Other: ***

ACTIVITY: When you leave the surgery center, you should go home, rest, and be inactive. Using your eyes will NOT harm them, so feel free to read, watch TV, use the computer, etc. as desired. Driving depends on each individual, so check with our office if you have questions about driving.

Do not swim or do strenuous activities (anything that makes your face strain or turn red) for the first 10-14 days following surgery. Additionally, avoid bending which causes your head to go below your waist.

Do not wear contact lenses for about 2 weeks. Do not wear eye makeup for 2 weeks. Avoid swimming, hot tubs, gardening, and dusting for 1-2 weeks to reduce risks of an infection.

HEALING COURSE: Your eyelids may be swollen and bruised for several weeks after surgery. The appearance of your incision (if you had a skin incision) will continue to get better for 1-6 months.

Numbness in the surgical area is expected. It might take 12-18 months for the feeling to return to normal. During this time sensations of itchiness, tingling, and occasional sharp pains might be noted. These feelings are normal and will subside once the nerves have completely healed.

This care sheet gives you a general idea about how long it will take for you to recover. But each person recovers at a different pace.

We plan to keep your stent in for 6 months. If the stent dislodges (the loop between your eyelids gets pulled out too far) you can try to gently push it back in. NEVER cut or trim your own stent. Contact our office if you have concerns about your stent placement.

EMERGENCY: If you experience SEVERE EYE PAIN OR HEADACHE UNRELIEVED BY TYLENOL OR PERCOCET, NAUSEA OR VOMITING, WORSENING REDNESS, OR WORSENING VISION (especially vision that was initially better), call **OUR OFFICE IMMEDIATELY!**

Watch closely for changes in your health and be sure to contact Dr. Torabi if you have any problems.