

Post-operative Instructions Dermal fat Graft

- Apply gentle ice packs to your eyes for 20 minutes on and 20 minutes off for the first 48 hours.
- Resume all oral medications after surgery unless instructed otherwise.
- Use the ointment on your sutures 4 times per day for 7 days.
- Sleeping with the head of your bed elevated for 2 weeks will help reduce swelling.
- Please do not bend below the waist or lift things heavier than a gallon of milk for 7 days
- Showering below the neck only (don't get face wet) for 1 day. After 1 day, washing your face is permitted but 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 2 weeks
- Use the phenergan every 4 hours as needed for nausea.
- 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 4 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) 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.

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.