



POST-OPERATIVE INSTRUCTIONS FOR OCULOPLASTIC PROCEDURES

1. Apply cold compresses (place ice or frozen peas in a Ziploc bag) over gauze to eyelid(s) for a minimum of 15 minutes per hour for 48 hours. After two days if there is bruising then switch to warm compresses for 15 minutes 4 times daily for one week. If there is minimal bruising, you may continue to treat any swelling with cold compresses.
2. Sleep on your back with your head elevated on 2 pillows for 3 days. Continue to sleep on your back or the side opposite of where you had your surgery until your next post-operative appointment.
3. You may shower and wash your face and hair on the 2nd day after surgery. It is okay for your sutures to get wet but avoid vigorous scrubbing around the operative site.
4. Apply prescription antibiotic ointment to the incision 3 times daily until your next visit.
5. Use Tylenol for pain, avoid NSAIDS.
6. Use oral Benadryl as needed for itching, avoid rubbing the operative site.
7. Avoid strenuous activity, heavy lifting (over 10 lbs), straining and bending over for 1 week.
8. Avoid contact lenses for at least 2 weeks.
9. Avoid eye makeup for at least 2 weeks.
10. Do not rub the operative site.

The following are **Normal** and to be expected after eyelid surgery:

1. Blurry Vision, swelling, asymmetry between eyes, red & bumpy incision lines, numbness, tingling, firmness, crusting, itching, tearing, redness, incomplete eyelid closure, slow bleeding from wound.
2. Swelling and bruising reaches a peak 2 days after surgery and may extend into the lids. Some swelling may last for 3 months after surgery.
3. Blurry vision, foreign body sensation, and tearing indicate corneal dryness. This is common. Use over the counter artificial tears as often as needed for comfort.
4. If eyelids do not close completely at night: apply a small amount of over the counter lubricating ointment (Refresh pm, Genteal gel, Lacrilube) before sleeping.

The following are **Abnormal**; notify Dr. Glatman if the following occurs:

1. Severe vision loss in the presence of increasing pain and swelling.
2. Fever over 101°
3. Active bleeding.
4. Increasing or foul smelling drainage.
5. Increasing redness, warmth, or firmness.
6. Pain not relieved by medication.

Emergency Contact Number:
732-774-5566--Leave message
for Dr. Glatman with answering
service if calling after hours.