

# **M. DOUGLAS GOSSMAN, MD PLLC**

Cosmetic and Reconstructive Oculoplastic Surgery

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## Surgery Follow-Up Care Instructions

1. Apply a warm compress (soaked in a clean wash cloth in warm tap water) for 10 minutes followed by an ice compress for 5 minutes. Repeat this 4 times a day for approximately one week or until swelling resolves.
  2. Continue to apply Vaseline for two (2) days after stitches are removed, or for one (1) week if you have dissolvable sutures.
  3. You may resume wearing contact lenses when your eyelids feel comfortable enough to insert your lenses, usually after the first postoperative visit.
  4. Sunlight and artificial sunlamp to exposed suture line(s) may cause permanent redness. Sun block of SPF 50 is recommended.
  5. Tightness and redness along your incision line, often associated with small lumps for 6-8 weeks following surgery, can be expected, resolving in about 6-12 months.
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