

M. DOUGLAS GOSSMAN, MD PLLC

Cosmetic and Reconstructive Oculoplastic Surgery

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POST-OPERATIVE INSTRUCTIONS

A. INCISION CARE

1. Start compresses today, continue cold compresses for 1 week. WHILE YOU ARE AWAKE, apply ice compresses to the surgical site(s). The most effective method is to soak a clean washcloth in ice water and then apply to the skin. The compress must be kept cold while applied for 30 minutes out of every hour. The compress may be applied more frequently. The more often you use it during the first 48 hours after surgery, the less swelling discomfort you will have. On the second day the compress should be applied for 15 minutes at least six times daily. Thereafter, compresses are used at least four times daily until your first post-operative visit. Second week instructions will be given to you at your 1st post-operative visit.

2. Light bleeding from the incision is usual after surgery. It can be stopped by applying firm, uninterrupted pressure to the bleeding site with a gauze pad for 15 MINUTES. Never rub the lid as it will rebleed. Do not rub the incision. If bleeding does not stop, please call our office.

Accumulated blood should be cleaned by soaking the area with a cotton ball soaked in Hydrogen Peroxide that is diluted with equal parts water. This should be done as often as needed to keep the stitches clean.

3. Apply Vaseline ointment to your incision line 2 times per day to keep it moist. **You must use a previously unused container of Vaseline for your post-operative care.** You may instill Lacri-Lube or generic eye ointment into the eye if it feels scratchy-it will cause blurry vision but will soothe the eye. Lacri-Lube can be purchased over the counter at any drug store. Alternatively, you may add OTC (Over The Counter - any brand) preservative free tears as needed for comfort.

4. **DO NOT SMOKE.** Smoking will interfere with the healing process and may cause the tissue to die.

B. MEDICATIONS

1. Tylenol 650mg every 6 hours as needed for pain taken with Aleve 200mg every 12 hours as needed. Tylenol and Aleve are both available over the counter. Ibuprofen may also be used in place of Aleve at a dosage of 400 mg every 6 hours as needed. (If you are allergic to Aspirin or have renal disease, do not take unless you contact your PCP.) Ibuprofen taken in combination with acetaminophen every 6 hours is more effective in relieving pain than Oxycontin and other narcotics. Using this formula for pain relief avoids narcotic side effects (e.g, nausea, urinary retention etc.) Ref: Drugs for Pain, The Medical Letter, Volume 11, Issue 128, April 2013.

www.medicalletter.org

2. In some cases post-operative pain medication along with the combination of anesthesia can cause constipation, which may lead to eyelid bleeding. We strongly recommend that you take an over the counter stool softener (Colace) one week prior and continue one week following your procedure.

C. DIET

A CLEAR LIQUID DIET IS RECOMMENDED AT LEAST 24 HOURS FOLLOWING YOUR SURGICAL PROCEDURE, TO AVOID NAUSEA. THIS MAY INCLUDE WATER, ICE CHIPS, JELLO, OR POPSICLES.

D. ACTIVITIES

1. Lifting, bending, and stooping should be avoided for 5 days following surgery.
2. Elevating your head will help reduce swelling and improve comfort.
3. After 48 hours has elapsed, you may resume mild low-impact exercises such as walking on a tread mill. Running, swimming, Stairmaster, weight lifting, etc. is to be avoided for 14 days; your normal activities can usually be resumed following your first postoperative visit.
4. Protect incision from direct exposure to sunlight and artificial sunlamps.

E. USUAL MEDICATIONS.

1. Following surgery, you will be given instructions as to when to resume your blood thinners (i.e. Aspirin, Aspirin products, Coumadin, Warfarin, Plavix, and Effient)
2. Medications for hypertension, diabetes and most other conditions, except as above, are continued without interruption except as otherwise instructed.

F. DRESSING(S)

Remove as directed _____ . () Does Not Apply to You.

G. SHOWERING AND HAIR WASHING

Usually all right on the day of or day following surgery unless you have a dressing. In that case, please do not get it wet.

H. OTHER:

PLEASE CALL (502) 495-2122 IF YOU HAVE AN EMERGENCY SUCH AS SEVERE PAIN, DECREASED VISION, MEDICATION SIDE EFFECTS OR QUESTIONS ABOUT YOUR POST-OPERATIVE INSTRUCTIONS.

18. I UNDERSTAND THESE INSTRUCTIONS GIVEN TO ME

PATIENT/LEGAL GUARDIAN SIGNATURE

WITNESS
