

## POST-OPERATIVE INSTRUCTIONS

Diet: It may be best to stay with clear liquids (7-Up, Gatorade) for a few hours after surgery. If you are not experiencing vomiting or nausea, you may advance to small quantities of regular diet.

Whenever lying down, keep your head elevated on 2 or 3 pillows, such that your head is elevated above the level of your chest for 3 nights; this includes during your sleep.

Apply an ice pack or bag of frozen peas to the surgical site frequently for 1 to 2 days following surgery (20 minutes on, 20 minutes off). You may also apply a cold compress such as gauze squares or a washcloth soaked in ice-cold water and **wrung out**. **DO NOT** apply a compress if a patch is taped over your eye.

A prescription for an antibiotic ointment should be provided after surgery. This is to be gently applied to the sutures twice daily after the patch is removed until the ointment is gone. A Q-tip works well for this.

**Many patients receive a prescription for a pain reliever containing both Tylenol and a narcotic. You should use the pain reliever as needed. As post operative pain lessens, you may switch to Extra Strength Tylenol. You should not take Tylenol and the prescription pain reliever at the same time. Unless specifically instructed, aspirin products such as Bayer, Bufferin, Anacin, Excedrin, etc., should be avoided for at least one week after surgery. This also includes Advil, Nuprin, Motrin and Ibuprofen. Any other medications, which you were taking prior to surgery, should be continued on their regular schedule. If using Aspirin or other blood thinners for medical reasons, resume the day after surgery.**

Keep your activity to a minimum for the first 24 to 48 hours after surgery. No heavy lifting, bending, or straining until after you have had your post-op visit.

**Patients having tear duct or orbit surgery should not blow their noses until released by the doctor.**

**Patients having tear duct surgery should not try to remove any tubes from the nostril or eye; do not rub the eye.**

**Patients having orbit surgery should not lift anything over 15 pounds until released by the doctor.**

**Patients with skin graft surgery or orbicectomy surgery should not remove the eye patch.**

You may shower 24 hours after surgery. Wash your hair in the shower with your back to the water. Try not to get the stitches wet until you seen for your post-op appointment.

The following problems should be reported to the office **as soon as possible**.

- a) Continuous, brisk bleeding. Please note that some oozing or drainage is common following a surgical procedure. **Do not try to clean dried blood from the surgical site. This will likely only create more bleeding.**
- b) Temperature (fever) over 100 degrees.
- c) Excessive pain at the surgical site that is not relieved by the pain medication, especially if associated with protrusion of the eyeball.
- d) Sudden loss of vision. Please note that some blurriness is expected after surgery due to the ointment used around the eyes.

You will be called by our office the day after surgery to see how you are progressing. At this time, we will schedule your one week post-op appointment.

**If a problem should arise or you have a question, I can be at the following number:**

- Office (913)-588-6600
- **After Hours (877) 738-7286**

I hope that your surgery experience with us is a positive one. Please contact my office with any questions.

*Jason A. Sokol, MD*