



POST-OPERATIVE INSTRUCTIONS

BANDAGE:

- No bandage was placed. You may start wound care immediately. It is OK to wash your face and take a shower in 24 hours
- Steri-strips were placed. Do not peel them off. If they fall off, you can tape down the suture but DO NOT cut the suture. You may start wound care immediately. It is OK to wash your face and take a shower in 24 hours.
- A bandage was placed. Do not start wound care until the bandage is removed. Do not get the bandage wet. While the bandage is on, use makeup wipes or moistened towel to clean your face and you can bathe or shower from the neck down only. Once the bandage is off, it is OK to wash your face and take a shower. Your depth perception may be affected if you have one eye covered.
 - You may remove the bandage in _____
 - We will remove it when we see you at your follow-up appointment

WOUND CARE:

- Apply cold/ice compresses as often as you can tolerate for 2-3 days (20 minutes on, 20 minutes off), except when sleeping. Use a gel pack or frozen vegetables (corn, peas, etc.) in snack sized bags. Wrap in a clean towel prior to applying it to your face. It is common to have bleeding from the incision for the first 24-48 hours so it is recommended to use a towel you don't mind getting dirty
- Do NOT apply cold/ice compresses. We don't want to limit blood flow to your surgery site
- If you are using LidLiftGoggles, you do not need to ice. Wear them continuously for the first 4 hours then as much as you can tolerate for 3 days (including overnight). The goggles should provide a firm but comfortable compression and you may loosen or tighten the headband as needed. Keep gauze under the goggles until you no longer have bleeding from the incisions (typically about 24 hours). After 3 days, you may choose to continue wearing the goggles at bedtime for additional improvement.
- ◆ Apply a bland petrolatum-based ointment (Vaseline, Aquaphor, etc) on the incisions 3-4 times a day for 2 weeks. Wash your hands and dab it onto the incision with clean fingertips. Apply more frequently if incision is dry (after washing your face, etc.).
- ◆ *OPTIONAL:* For 2 weeks, cleanse the incision with hypochlorous spray after bathing or washing your face. Spray the incision and let it air dry or gently pat dry. DO NOT RUB. You may use it more frequently if you like as it also helps relieve itching (store in refrigerator for extra itch relief). Hypochlorous is an effective disinfectant that also promotes wound healing and relieves itching.



CLARITY

EYE AND FACE

ACTIVITY RECOMMENDATIONS:

- ◆ Sleep with the head elevated for 2 nights minimum to reduce swelling and bruising.
 - Sleep in a recliner or stack pillows in a "wedge" fashion so you are partially sitting up
 - When you start sleeping flat, expect to be even more swollen in the morning
 - CPAP users: many patients forego their CPAP while they are sleeping upright. CPAP patients stay swollen longer and you will notice more swelling when you use your CPAP
- ◆ You may do normal daily activities of living (walking, reading, cooking, etc.)
- ◆ You may drive if you are not taking any sedating or narcotic medications *and* your vision is clear enough to drive
- ◆ It is OK to wash your face or take a shower in 24 hours IF you do not have a bandage covering the area. Use clean water and a gentle cleanser. Pat the area dry rather than rub vigorously.
- ◆ Avoid the following activities for 2 weeks after surgery:
 - Strenuous exercise that elevates your heart rate or blood pressure. Stretching and physical therapy is OK. You may resume light exercise after 5-7 days.
 - Bending past the waist. Do not allow blood to pool to your head
 - Lifting objects you have to struggle to lift (nothing heavier than a gallon of milk, etc.)
 - Swimming, saunas, and hot tubs (heat will contribute to swelling)
 - Makeup, lotions or sunscreen on the incisions
 - Contact lenses if the incision is around the eye
- ◆ Do not rub the eyes. If the eyes feel irritated, use lubricating eye drops. If the eyes feel itchy, cool compresses and allergy drops (Zaditor, Alaway, etc.) can relieve itching. Cooling the drops by keeping them in the fridge can feel soothing
- ◆ Avoid alcohol on the day of the surgery and if you are taking narcotic pain medications
- ◆ Avoid smoking (or limit the number of cigarettes you smoke) for at least 1 month after surgery
- ◆ Avoid pressure and rubbing to the incision for 4 weeks (i.e. face down position for massages, facials with rubbing on the incision, etc.)
- ◆ Avoid elective dental procedures including cleanings for 6 weeks. If you must have a dental procedure, monitor for signs of infection around the incision and call us if you notice any redness, swelling, or pus
- ◆ Avoid direct sun exposure to the incision (hats/visors, sunglasses, etc.)
 - After 2 weeks, you may start applying a broad-spectrum sunblock to the incision. Mineral based sunscreens are preferred (zinc or titanium).
 - You will want to provide UV protection to your incision for at least 1 year
- ◆ *OPTIONAL:* After 2 weeks, apply a thin coating of a silicone scar cream to the incision for 2-3 months. Silicone is proven to improve the appearance of scars
- ◆ *OPTIONAL:* After 1 month, you may start gently massaging any thickened areas of the scar



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MEDICATION INSTRUCTIONS:

- ◆ Take Tylenol 500mg and Ibuprofen 200mg every 4-6 hours as needed for pain. Take narcotic pain medications only if Tylenol and Ibuprofen do not control your pain.
 - DO NOT take more than 4000mg of Tylenol in a 24 hour period. Narcotic pain medications often have Tylenol. Do not take more than 8 tablets of TOTAL of either Tylenol OR narcotics in 24 hours
 - Do not take narcotic pain medications >7 days
- ◆ Continue your normal prescribed medications including eye drops.
- ◆ If you stopped prescription blood thinners that you take for medical reasons (history of heart attack, strokes, clots, etc), resume these the day after surgery.
- ◆ If you stopped aspirin that you take for disease prevention, resume 2 weeks after surgery.
- ◆ Avoid herbal supplements, fish oil and Vitamin E for 2 weeks after surgery. Multi-vitamins (even those containing vitamin E) and joint supplements (chondroitin, etc.) are OK to use
- ◆ *OPTIONAL:* Arnica and Bromelain are thought to help reduce swelling, pain, inflammation and bruising. This can be purchased online, at natural food stores, or at the office. DO NOT USE if you are <18yo, pregnant, have a bleeding disorder, or liver or kidney failure. Start the day of surgery and continue for a total of 7 days

WHAT TO EXPECT AFTER SURGERY:

- ◆ Swelling and bruising: Visible swelling and bruising typically lasts 2-3 weeks but may be longer for some patients. The swelling and bruising will get worse before it gets better. Every morning will be worse. Your eyes may be swollen shut. Bruising may be dark purple or bright red. The eyeball itself may be bright red. The swelling and bruising may migrate down to your cheeks and chin. Using LidLiftGoggles, applying ice and keeping the head elevated will help reduce the swelling. When you stop sleeping with the head elevated, you will notice more swelling in the mornings. If you eat a salty meal, you will notice more swelling. If you wear a CPAP, you will have more swelling and stay swollen longer. You may have more swelling and bruising on one side than the other.
- ◆ Oozing and bleeding from the incision: It is common to have oozing/bleeding for 24-28 hours after surgery, especially when you get up and walk around as activity causes more blood flow to the area. Avoid strenuous activity to decrease bruising and bleeding. If you have brisk bleeding, apply pressure for at least 15 minutes. Please call the office if the bleeding does not stop after applying pressure.
- ◆ Pain: Many patients note mild to moderate pain/discomfort for the first 24-48 hours after.
- ◆ Eye irritation: The eyes may feel "scratchy" or like there is something in the eyes. You can apply lubricating drops or a bit of the eye ointment into the eyes if they feel irritated. Eye



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ointment will blur the vision so many prefer the drops and will only use the ointment before they go to sleep.

- ◆ Itching: Some itching from the wound is typical and a sign of healing. However, if the itching is severe and/or you notice increased swelling, you may be having an allergic reaction to the ointment. Stop using the ointment, take a Benadryl if tolerated, and call the office.
- ◆ Nausea and/or constipation: Prescription pain medication or sedatives given may cause you to feel nauseous and constipated. Stick to bland foods if you feel nauseous. You may want to take a stool softener (Colace/docusate sodium) or a laxative to combat possible constipation.
- ◆ Blurred vision: Due to swelling and ointment, the vision may be blurred and hard to focus.
- ◆ Numbness: Numbness may occur after surgery. This typically will go away but may take 6-12 months to fully improve. You may notice strange creepy, crawly or hypersensitive areas while it is healing. It is possible you may have permanent numbness in some areas.

THINGS TO WATCH FOR:

- ◆ Periodically check your vision by covering one eye at a time. If your eyelids are very swollen, gently pry them open. The vision will be blurry. This is normal. If the vision appears dim or dark, **CALL IMMEDIATELY!**
- ◆ Swelling is typically worse in the morning but improves with time. If you have rapidly worsening swelling associated with pain, please call the office.
- ◆ If you have pain that is not controlled with pain medications, please call the office.
- ◆ If you suspect an infection (redness associated with hot skin, tender nodules, and/or pus-like discharge), please call the office.
- ◆ If you notice a break in the sutures, please call the office to move up your appointment.

If you have any questions or concerns,

- ◆ please call us at (828) 333-4844
- ◆ Or text us securely at (828) 520-2776
- ◆ There is always someone available even on the weekends or after hours.