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## Postoperative Oculoplastic Surgery Instructions

1. **Your postoperative appointment is on**
2. Call the office regarding any unusual pain, redness, swelling, excessive discharge, fever, or flu-like symptoms. Any vision changes not attributable to blurring from ointment should be reported to the office immediately.
3. After surgery on the tissues around the eye, it is common to have increased secretions. Swelling and bruising are also common. You may use a washcloth or gauze with warm tap water to gently clean the area.
4. If you have stitches, use hydrogen peroxide on a Q-tip to clean them several times a day. Peroxide dissolves dried blood and reduces swelling, but avoid getting it in your eyes. **Apply the antibiotic ointment 2-3 times a day**, which you were given at the hospital or can be picked up at your pharmacy.
5. A few days after the sutures have been removed; ladies may then wear eye makeup.
6. Swelling can be reduced by sleeping on a few extra pillows or in a recliner. **If you have had a skin graft, do not use ice.** If you had a skin graft in combination with another procedure please call our office for specific instructions.
7. Normal activities can usually be resumed one to two weeks after surgery. Do not strain or perform vigorous activities while your stitches are in place. Do not swim for 2 weeks. Showering and washing hair can be done the day after surgery unless a dressing is in place.
8. After some eyelid surgeries, it is common for the eyelids to close incompletely causing some dryness. Using lubricating ointment at bedtime and moisture drops during the day can relieve this. After the swelling resolves, the eyelids will usually close as before.
9. If you have had any type of grafting, do not use tobacco in any form for 2 weeks before or after your surgery. Tobacco can lead to failure of the graft.
10. Aspirin, ibuprofen (Motrin, Nuprin, and Advil), naproxen (Aleve), ketoprofen (Orudis), and related drugs should be avoided for 2 weeks before surgery. These drugs can lead to bleeding problems. Extra strength Tylenol or your prescription pain pills can be used as needed.
11. After tear sac surgery, fracture repair, or orbital decompression surgery, do not blow your nose for 1 week after surgery, and then only gently. Also try to sneeze through your mouth.
12. **If you have the Hard Paleta Mucosal graft surgery, please use your mouth piece while eating. You will need to purchase Biotene mouthwash and use it after eating for the health of roof of your mouth and cleaning the mouthpiece. (the scheduler will make an appointment with your dentist for said mouthpiece)**
13. Expect to feel tired for the first 3-10 days. Get plenty of rest and eat well to restore your energy. You may want to start with bland foods and then work your way back to your usual diet as your appetite improves.