



KAISER PERMANENTE®

Rattehalli R. Sudesh, MD.

Oculoplastics, Orbit and Neuro ophthalmology.

Post-operative Instructions for Eyelid, Eye Muscle and Orbital Surgery

Ten things to do after surgery

1. It is normal to have a little amount of blood and discharge come from the surgical area. Clean it or dab it with a clean gauze. If there is excessive amount of bleeding then you need to call the on-call doctor. Some bruising and swelling is to be expected as well.
2. If there is a bandage on the wound, it will be removed the next day by the doctor if you are to see him, if not, you can remove the dressing yourself at home. Clean the area with a clean gauze and apply the prescribed medicine.
3. You can shower and get the area wet 48 hrs after surgery. This will actually clean the area and prevent skin and wound infections. Dab it dry and apply medicines as prescribed.
4. Ice the surgical area for the first 48 hours as much as you can tolerate and manage. It helps reduce swelling and bruising. You DO NOT need to stay up at night to this. Beyond 48 hours, icing probably has no effect.
5. Sleep with the head elevated with a couple of pillows. This helps reduce swelling.
6. Use the prescribed medications as instructed. The directions are on the container. If you are not clear ask the nurse to explain to you exactly what to do. Tylenol usually is enough to take care of the pain.
7. The most important thing to do on the day of surgery is to relax and rest. No strenuous activity during the first few days. Gradually resume normal activity over the first two weeks.
8. Do not swim for at least two weeks after surgery. This is mainly because of infection risk.
9. You may generally return to work any time after the first couple of days, depending on that particular surgery. Your doctor will have specifically advice you about this. If you need a VOT (excuse from work), please ask the nurse.
10. Your post op appointments should already have been scheduled. These appointments are very important. Make sure that the time and dates are acceptable to you.

General

You may eat or drink the way you did before surgery. Eat soft foods and drink plenty of liquids. Avoid alcohol and caffeine. Empty your bladder before it becomes too full and try to avoid excessive straining if you have a bowel movement.

You may already have collected the prescriptions at the pre op visit, if not you may need to pick it up on the way home after surgery. You may resume taking your usual medicines prescribed to you before the surgery by your Primary Care Physician, except ASPIRIN or ASPRIN like medications and Coumadin. You may start these 5 days after surgery. TYLENOL is permitted.

Do not apply make-up or any lotion to the incision area except the prescribed antibiotic ointment. Use only the antibiotic ointment, medication or eye drops prescribed. Apply a thin layer to the incision twice a day or use eye drops twice a day in the operated eye for seven days, or till the sutures are removed. **(or as instructed)**

The sutures, if not the absorbing type, will be removed 5 to 7 days after the surgery.

If you had eyelid surgery, expect some swelling and bruising around the eyes.

If you had tear duct surgery, it is normal to have a little nasal bleeding for the first few days. Do not blow your nose hard. Use the nasal spray to help ease the nasal crusting. Tearing may persist for some time after surgery.

If you had Eye Muscle surgery (Strabismus surgery), you may experience double vision, which will improve, this is normal.

If you had orbital surgery, expect some bleeding and swelling around the eye, you may also have double vision. The dressings are usually removed the following day.

Other instructions: _____

Warning signs

- Increasing redness, pain or swelling.
- Bleeding.
- Moderate to severe pain.
- Change in vision

If you have any of these warning signs or if you have any questions please call the hospital and speak to the on-call ophthalmology doctor.

After your surgery, you will need to see your doctor at,

Kaiser Santa Clara Homestead 4th Floor, Department #490

Please keep your **post-op appointments** as scheduled.