

Seven Hills Surgery Center
2010 Fleischmann Road
Tallahassee, FL 32308
850-552-0608

OCULOPLASTIC SURGERY

Post Operative Instructions - Dr. Deanna Louie

1. Your doctor may possibly have given you pain pills. If so, do not hesitate to take them to control your pain. If you did not receive pain pills, please strongly consider taking recommended doses of Tylenol (Acetaminophen) for at least 24 hours. It is better to stay on top of the discomfort, rather than trying to catch up. Contact your surgeon if your pain cannot be controlled. Tylenol/acetaminophen comes in 325 mg or 500 mg. See dosage limitations from the labeled instructions on your acetaminophen/Tylenol bottle.
2. You should expect postoperative swelling and bruising. This can last anywhere from 24 hours to 3 weeks depending upon your procedure. Use sandwich bags filled loosely with frozen peas or corn. Cover your eyes with the bags 20 minutes per hour for the first 36-48 hours, then alternate ice and heat several times a day as needed. If the bags are too cold, wrap them once in a dish cloth.
3. You have been asked to use **erythromycin ointment** twice a day to coat your incisions. You may have also been asked to put some ointment on the surface of your eye. This should be applied twice a day. Expect that the ointment will blur your vision somewhat. Unless you have been asked to maintain a patch over your eye, you should be able to at least read book titles and headlines out of each eye. If your vision should fall below this level, contact your surgeon immediately. Remember to wash your hands before administering eye medications or eye drops.

You may resume all of your medication after surgery **except for aspirin, Motrin, Naprosyn (or similar products) or any blood thinner**. These may be resumed 2 days following your surgery.

4. Your followup appointment is on at with at Eye Associates. If you have no followup appointment scheduled, please call Eye Associates at (850) 878-6161.
5. If your eyes should feel dry during the postoperative period, you may use any ocular lubricant (Refresh, Genteal, Systane, Artificial Tears, etc.) available. Please avoid any drops that offer the ability to eliminate red eyes (Visine, Clear Eyes etc.)
6. You may perform any visual activity that you desire, if capable. However, activities that require bending, lifting more than 25 pounds, sweating, or straining should be eliminated for 2 weeks. Your surgery can become complicated by these activities. Elevate the head of your bed 30 degrees. You may, at your discretion, use extra pillows or sleep in a recliner for the next 2-3 days.
7. Do not wet your face or incision area for 48 hours.
8. Postoperative bleeding is common and appropriate. **Under no circumstance** should you lose more than a tablespoon of blood. Feel free to gently dab the drainage as necessary. Loose crusts and dried blood can be removed using warm moist Q-tip or soft washcloth. **Do not rub your incisions or pull on the sutures.**

If any problems occur, or if you have further questions, please contact Eye Associates M-F 7:30-5:30 pm at (850)878-6161, and option "5" then option "0" / after 5:30 pm option "1" (or dial 850-694-1866) for the on-call technician / Dr. Louie's # 925-876-2835. If you cannot contact your physician but feel that your symptoms require a physician's attention, go to the nearest Emergency Room