

BRIAN WILLOUGHBY, M.D.

OCULOPLASTIC & ORBITAL SURGERY

255 DETROIT STREET
DENVER, COLORADO 80206

(303) 320-5700
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POST-OPERATIVE INSTRUCTIONS

Please call the office to schedule a post-op appointment for: _____

Medications to be taken at home:

___ Tobradex Eyedrops: 1 drop in operated eyes(s) 4 times per day

___ Tylenol III (codeine): 1 tablet every 6 hours (if needed for pain)

___ Other: _____

___ Other: _____

COLD COMPRESSES

Use as frequently as possible over the operated site(s) for the first 48 hours following surgery. The more you use the cold compresses, the faster your swelling will improve.

COMPRESSES: Fill a bowl with ice and water. Place a clean face cloth or gauze pad in the ice water. Thoroughly wring out the cloth and place it on the operated site(s) until it warms, then repeat. You may also use a cold pack, but the above method is preferred.

ABOUT EYEDROPS:

If you are given eyedrops, be EXTREMELY gentle in instilling them. If your lids are swollen shut, allow the drops to dribble in where your lids meet. Continue using the drops until several days after your first postoperative visit, or as per Dr. Willoughby's instructions.

NOTE: Tobradex drops may burn or sting a little at first.

ABOUT SLEEPING:

Sleep on your back with your head elevated (on pillows, or in a recliner). DO NOT sleep face-down or on your side. Continue sleeping this way until a day or two after all your sutures are removed.

Note for parents: Some parents find that it is easiest to have babies and small children sleep in a stroller.

ABOUT YOUR SURGICAL SITE:

It is important that you keep the surgical site clean. To clean crusts from your eyelashes, dip a Q-tip in warm water and GENTLY remove the crusts by brushing with the Q-tip. When the crusts are gone, you should be able to open your eyes, but if your lids do not open, DO NOT force them open. DO NOT scrub at your sutures.

ABOUT PHYSICAL ACTIVITY:

No strenuous activity (exercise, sports, etc.) for three weeks following surgery. Do not bend at the waist or perform any lifting. Keep your head upright; do not let your head hang down.

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ABOUT BATHING/SHOWERING:

You may bathe immediately, but when showering, keep your head away from the water. You may wash your face and hair, but DO NOT get your stitches very wet! A little water or soap won't hurt, but rubbing with a hand or towel should be avoided. To avoid possible eye irritation from shampoo, use a "no-tears" baby shampoo. If possible, have someone assist you in washing your hair while you lie back over a sink (as in a salon). It is extremely important that whoever washes your hair is VERY gentle in order to avoid pulling of the skin and/or sutures.

ABOUT CONTACT LENSES:

You may NOT use contact lenses until at least two weeks following surgery; often 3 weeks is better.

ABOUT MAKEUP:

You may NOT use eye makeup or cover-up in the area of your incision(s) until after all of your sutures are removed.

THINGS TO EXPECT AFTER SURGERY:

1. Your vision may be a little blurred for a few days following surgery. This is because of ointment placed in your eyes at the time of surgery and because of swelling in the eye area.
2. Your eyelids and surrounding areas will be bruised and swollen for approximately one week. Bruising can produce a drooping of the eyelids. Your final lid position, height, and appearance won't be attained for 7 to 10 days following surgery.
3. Your eyes may feel dry or irritated. You may use an over-the-counter moisturizing tear drop (Tears Plus, Tears Naturale, Hypo Tears, etc.).
4. If you have Steri-Strip tapes on your eyelids, these may loosen and/or fall off when you use the compresses. This is normal; you will have enough to last until your first post-op visit. If tapes begin to peel off and/or dangle, you may trim the loose ends, but DO NOT pull at the tapes. If you have a patch, you will be instructed about if and when you may remove it.

NO Vitamin E for..... 1 week.

NO aspirin or aspirin-like products for..... 2 weeks (use TYLENOL (acetaminophen)).

NO strenuous exercise for..... 3 weeks.

NO contact lenses for..... 3 weeks.

DO NOT lie face-down for..... 1 month.

DO NOT rub your eyes for..... 2 months.

AVOID SUNBURN – USE SUNSCREEN

ADDITIONAL NOTES: _____