

INSTRUCTIONS FOR AFTER SURGERY | JOSEPH Advanced Oculofacial Plastic Surgery

Instructions for After Surgery

- **PLEASE NOTE:** instructions specifically tailored to your care and your surgery will be reviewed with you during the pre-surgical appointment and again on the day of surgery.
- If you have any **dressing:** specific instructions will be provided on how to care for the dressing. Please try to keep the dressing clean and dry. Can put shower cap over dressing when showering to avoid getting it wet.
- **Ointment/eye drops:** please use as prescribed. Always clean your hands before and after. Apply pea-sized ointment to incisions with clean finger or Q-tip. The eye ointment is safe to get into the eye but may temporarily blur vision. Avoid pulling down on the lower eyelid too much when placing drops and ointment.
- If you have been prescribed other **postoperative medications**, please take them as instructed. Resume all previous medications.
- Please avoid **over the counter medications** that are non-steroidal anti-inflammatory drugs for 1 week after surgery, these include ibuprofen (Motrin and Advil), aspirin, naproxen (Aleve). Tylenol is typically sufficient for post-operative discomfort.
- **To speed up resolution of swelling and inflammation after surgery:** You could take Bromelain Supplement (pineapple extract), which is available at most drug stores, and this can help to reduce bruising and swelling. You could take 500mg twice a day for up to 2 weeks after surgery.
- **Ice packs:** unless otherwise instructed, you can apply light weight cold compress (small zip lock bags with frozen peas or cold wash cloth) to the surgical area for 3 days, 20 minutes every hour.
- Unless otherwise instructed, for **eye lubrication** and comfort, you can use preservative free artificial tears (single vial use, Refresh, Genteal, Ocusoft, Systane) up to 6-8 times a day, and gel (Genteal PM or Refresh PM) at nighttime
- If you have received **anesthesia** during surgery:
 - o resume diet with liquids and light food, and progress to usual diet as tolerated.
 - o ensure someone drives you home, and avoid driving and making important decisions for 24 hours (provided you are not taking narcotic pain pills)
- **Activity:** Avoid straining or strenuous physical activities for at least 1 week after surgery (bending over the waist, lifting > 10 lb), as this can lead to bleeding and worsening bruising and swelling. Typically, you may resume normal activities after 1 week. Avoid dirty water to the wound for 1 month

- **Shower/Washing:** Can shower in 24 hours after surgery. Unless otherwise instructed (e.g. if you have a dressing), you can shower by tilting your head back and splash water to gently wash your face with water. Do not rub or scrub with wash cloth. Gently pat to dry.
- **Sleep:** Sleep on your back with head elevated (2 pillows), do not sleep on your sides or face. You may be given an eye shield to sleep with.
- No **alcohol** for 24 hours after surgery
- **Smoking:** please try to quit smoking or avoid smoking for at least 4 weeks after surgery as smoking negatively impacts healing
- No **make-up**, cream, or lotion on surgical area for 2 weeks. No **contact lenses** until instructed to do so
- Avoid **sun exposure** by wearing a large-brimmed hat and sunglasses as sun exposure negatively impacts healing
- **Concerning symptoms:** please call us if you notice any of the following: excessive pain, swelling, bleeding, fever (greater than 101F)

If you have any further questions, please call us at (947) 217-FACE (3223) or contact us through our website at www.JOSEPHface.com