



BEFORE YOUR SURGERY

- Arrange for a caregiver (18 years or older) who can take you home and be with you 24 hours post-op.
- Arrange for childcare, if needed.
- Our office will contact you the business day before your surgery with your scheduled time.
- In case of scheduling changes, be available and have your phone on you day of surgery for any updates.

SHOWERING AND AFTERCARE

- You can shower 24 hours after your surgery. Use caution while showering, as you may not be able to close your eyes completely at first.
- Do not use abrasive or strong cleansers on your face.
- To reduce swelling and discomfort, place gauze in ice water, wring it out until damp, and place it on your eyelids as needed. You can also place flour in a baggie in the fridge, then place the cooled baggie on your eyes for comfort.

SLEEP

Sleep at least at a 30 to 45-degree angle for 7 to 10 days until your doctor tells you otherwise. Do not lie on your side or stomach.

EYE DROPS

You will be given antibiotic eye drops in the recovery room. Place 2 drops in each eye every 6 hours while awake. These drops will make your eyes a little blurry. If your eyes are dry, you may use saline or refresh, however, do NOT use Visine or medicated drops.

SUTURE REMOVAL

Sutures can be removed 5 to 7 days after your surgery. Once removed, you may discontinue the eye drops. Blurriness should also resolve at this time. At this appointment, your nurse will discuss your incision care and massage.

UNEXPECTED THINGS THAT ARE NORMAL

It is normal to have a small amount of blood-tinged drainage from suture lines. Eyes may be bloodshot, swollen, and blurry.



WHEN TO CALL US

Anytime you have a concern, we are available to help you. Please call the office at 757.873.3500 immediately if you have:

- A stitch that comes out
- An incision line is open
- Bright red blood draining from site
- Uneven swelling
- Loss of eyesight

REMEMBER

No bending or pushing or pulling greater than 10 pounds until directed by your doctor to increase activity.

FUN FACT

Drinking pineapple juice and applying arnica can help with bruising and swelling.

If you have immediate concerns, please call the office at 757.873.3500.