

POST OP SURGICAL INSTRUCTIONS

Please read carefully, some of the instructions may not apply to all procedures. Contact our nurse at the Morgenstern Center with any questions.

Dressings

- Dressings may be removed the day after surgery unless otherwise instructed.
- Steri strips will fall off on their own, do not pull steri strips off. Apply ointment on and around strips.
- If dressings are to be kept in place, keep them dry and clean
- If you were given an eye shield, wear at night or as instructed.

Ointment

- Apply prescribed ointment to incisions twice a day; once in the morning and once at night with clean hands or a Q-tip
- Ointment will cause your vision to be blurry for at least 30 minutes

Showering

- Shower 1 day after surgery. Gently rinse incisions with soapy water and blot surgical site dry.
- Do not scrub incisions
- Use mild shampoo/conditioner

Bruising, Oozing & Swelling

- All normal and expected post operatively
- Icing and then warm soaks are very important to minimize bruising and swelling (see below)
- Call the office for extreme swelling and or vision impairment.

Ice Packs

- Begin icing day of procedure
- Apply ice every hour for 20 minutes while you are awake
- Ice for 5 days
- Crushed ice or frozen peas in a small zip lock bag works well. Make sure to put a clean towel between the ice and your skin.

Warm Soaks

- Begin warm soaks on post-op day 6. Use for 5 days, 5 minutes at a time, 5 times a day.
- Use a washcloth soaked in warm water. Wrap this around something that holds heat well such as a hardboiled egg, microwavable heat pack, or even a hot tea bag. The key is moist heat.

Pain Control

- Ice compresses

- Extra Strength Tylenol every 4-6hrs

Things to Avoid

- No heavy lifting, straining or bending until you are seen for your post op appt.
- No exercise for at least 1 week. Light walking is OK.
- No aspirin/blood thinning agents unless instructed by cardiologist AND cleared by Dr Morgenstern
- No NSAIDS, Advil / Motrin (ibuprofen), Aleve fish oil for two weeks
- No smoking, this will decrease wound healing and increases risk of infection
- No sun exposure for a minimum of 6 weeks post op. After 6 weeks apply SPF, until then wear a hat and sunglasses. Sun exposure will cause unwanted scarring.

Sleeping

- Lay on your back with your head elevated for two weeks. This will avoid swelling and keep sutures intact.
- If you use a sleep apnea machine please discuss this with Dr Morgenstern prior to using the device.

Exercise

- First week is very minimal, walking is OK. No bending or lifting anything over 10lbs.
- In most situations, after you 1 week post op visit you may exercise up to 50%
- Over exertion will cause unwanted swelling and could affect your end results.

Makeup

- No makeup on eyes or incisions for at least 2 weeks.
- If or when you do wear makeup, gently remove with a mild cleanser. Do not rub eyes, this can open the suture line.

Medications that may be prescribed:.

- *Maxitrol (neomycin/polymyxin/dexamethasone)*
Ointment- apply to incisions twice a day for 1-2 weeks