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Post Operative Instruction Sheet

1. Immediately after surgery, elevate your head, and apply cold compresses to the area, this will dramatically decrease the swelling and bruising after surgery. Please sleep with your head elevated on two pillows for the first 2 days after surgery. Then, resume your normal sleeping habits.

2. During the first 2 days after surgery, place ice compresses directly on the area for 15 minutes on, and 15 minutes off. This should be done religiously throughout the first two days to reduce the swelling and bruising. You do not need to use the compresses at night when sleeping.

The cold compresses can be prepared in many ways:

1. Placing ice in a plastic bag and applying it to the area.
2. Using a bag of frozen vegetables (peas work well as they conform to the shape).
3. Soaking gauze pads in an ice bath (wring out the excess water and gently lay the gauze on the area).
4. A gel mask that can be placed in the refrigerator (usually two are required, wear one and keep the other in the refrigerator. Switch when one gets warm).

3. After the first 2 days, if there is a lot of crusting or dried blood, you can start using warm compresses to clean the area two to four times a day. The warm compresses can be made by soaking a soft wash cloth in warm water and wringing it out and placing it on the area for 5 minutes. After the warm compress, pad the area dry, and place the ointment that was given to you.

4. Take the medication that was either given to you at the hospital or prescribed by Dr. Lissauer.

- a. If an ointment is given, a small amount should be applied to the area twice a day. In some cases the area will have steri-strips (little strips of tape) covering the incisions, place the ointment on the strips of tape.
- b. If eyedrops are given, place one drop in the effected eye four times a day.
- c. If antibiotics or prednisone are given, Dr. Lissauer will tell you how often to take the medication.

Do not stop any medication before your first postoperative visit unless told to do so by Dr. Lissauer.

5. Pain in most procedures is well controlled with extra-strength Tylenol (975 or 1000mg) taken every six hours. Do not wait until you have pain, take the medication when you get home from surgery (unless it was given to you at the hospital), and at bedtime. If Tylenol is not controlling the pain, call the office and a stronger pain killer will be prescribed. Dr. Lissauer will give you a prescription prior to surgery, if the procedure requires it.

6. If there are steri-strips (little strips of tape), a patch, or pressure dressing on the wounds, leave them in place unless instructed by Dr. Lissauer to remove them.

- a. If the steri-strips start to come off, they can be either trimmed with a scissor or gently removed. Do not pull them off if they do not easily peel off, as you can rip out the sutures underneath.
- b. If a path or pressure dressing starts to come off, call the office before removing.

7. Most importantly, you just had surgery, relax. You may watch television or read but avoid any bending, lifting, alcohol (including wine and beer), blowing your nose, rubbing your eyes, or exercise until your first postoperative visit. Do not stay in bed and some walking will speed your recovery.

8. Prepare yourself before surgery, make the ice compresses, have light meals easily ready to heat, surround yourself with necessities needed for recovery.

9. Please call our office when you get home in order to make your first post-operative appointment (generally six days after surgery). If you have any questions please feel free to call our office at **(212) 717-2150**.