

**Katherine Zamecki, MD**

**Danbury Eye Physicians & Surgeons, P.C.**

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## **POST-OP INSTRUCTIONS**

### ACTIVITY

- No bending at the waist or lifting of objects greater than 5 pounds for 3 to 5 days; ask the doctor when to resume exercise. Light walking is fine
- Sleep with your head elevated on several pillows for 2-3 days to minimize bruising and swelling. Try to sleep on your back if possible
- You can shower 1 day after surgery but do not soak the incisions or allow the water to hit directly on the eyelids
- Resume your regular diet

### MEDICATIONS

- Resume all of your regular medications the evening of surgery
- Resume any blood-thinning medications (aspirin, Coumadin) 1 day after surgery unless otherwise instructed
- Continue taking arnica/bromelain if applicable for a total of one week

### WOUND CARE

- Use any prescribed ointments or drops. Apply ointment with a clean finger or Q-tip. Do not rub incisions
- Do not apply make-up to eyelids or wear contact lenses until stitches are removed in the office 1 week after surgery
- Use ice packs or cool compresses 15 minutes every 1 hour – try wetting a washcloth and placing it in the freezer

### OTHER

- Do not drive or make legal decisions while taking prescribed pain medications
- Call the office immediately with any questions or concerns, or if you develop severe pain, swelling, redness of the surgical site, fever or problems with your vision
- It is normal for the bruising and swelling to get a little worse one day after the surgery
- It is normal for your eyelids to feel a little “tight” for the first few days
- It is normal for the edge of the eyelid to feel a little numb for several weeks. This should gradually get better
- Come in for your scheduled post-op appointment (usually 5-7 days after the procedure)

**\*\* There is always a doctor available on-call through the office to address any questions or concerns**

Patient \_\_\_\_\_ Nurse \_\_\_\_\_ MD \_\_\_\_\_ Date \_\_\_\_\_