



AT HOME AFTER THE PROCEDURE

Iced gauze pads help reduce swelling and should be used continuously until bedtime. Sleep on 2-3 pillows for three nights. **DO NOT** rub your eyes. Take your medication as directed. It is normal to be drowsy, but try and eat a light meal the evening following surgery. A slight amount of oozing from the incision is NORMAL. If there is excessive bleeding, discoloration, swelling or a temperature of over 100° call the office.

NEXT MORNING

Keep ice compresses on as much as possible during the day. Avoid straining your eyes. You may begin to read or watch TV.

FOLLOW-UP CARE

The morning of the second day will show the most swelling and discoloration. It is not unusual for one eye to be more swollen or discolored than the other. Sutures will be removed on the fifth day and you may begin to wear make-up at that time. As the incisions are healing they can be inadvertently opened, so avoid aggressively applying make-up to your eyelids for a few days. Please clean the sites with peroxide and Q-tips a few times a day to remove any build-up and apply antibiotic ointment for three days only.

HEALING CARE

DO NOT bend over and **DO NOT** lift over seven pounds for the first week. In 10 days, you may resume exercise and begin to wear your contact lenses unless advised otherwise. Alcohol can prolong swelling, avoid it for two weeks. Tearing, burning, tightness, itching, tingling, puffiness and red and bumpy incision lines are normal concerns and will go away with full healing. Full healing takes a number of months and a check-up is advised 3-6 months after the procedure.

301-989-2300 If you call after normal office hours please follow the instructions on the recording. A physician will be contacted to return your call.

Comments: _____