

JOSEPH D. WALRATH, MD – OCULOPLASTIC SURGERY
COORDINATORS: 770-804-1684 (EXT.119 / EXT. 260)
FAX: 844-742-6584

POSTOPERATIVE INSTRUCTIONS

WHAT TO DO AFTER SURGERY:

- TO MINIMIZE SWELLING: SLEEP WITH YOUR HEAD ELEVATED, REST, AND **ICE FOR 3 DAYS**.
- AVOID OVERLY STRENUOUS ACTIVITY AND REMAIN IN A CLEAN ENVIRONMENT FOR **2 WEEKS**.
- DO NOT DRIVE A MOTOR VEHICLE FOR 24 HOURS AFTER SURGERY.
- IF YOU HAD TEAR DRAIN SURGERY OR EYE SOCKET SURGERY, AVOID NOSE-BLOWING FOR ONE WEEK.
- **RESUME BLOOD THINNERS** UNLESS DR. WALRATH TELLS YOU OTHERWISE.

MANAGING PAIN AFTER SURGERY:

- **MOST OF MY SURGERIES ARE NOT ASSOCIATED WITH SIGNIFICANT PAIN**. EVEN IF YOU ARE PRESCRIBED A FEW PILLS OF AN OPIATE PAIN MEDICINE, THERE IS A GOOD CHANCE THAT YOU WILL NOT NEED IT. TYLENOL AND/OR MOTRIN, AND ICE, WILL OFTEN SUFFICE.
- **CONSIDER PACKING A SMALL COOLER** WITH ICE WATER AND A WASH CLOTH FOR YOUR RIDE HOME. APPLICATION OF ICE COMPRESS WILL MAKE YOU COMFORTABLE FOR THAT RIDE.
- ALMOST ALL EYELID SURGERIES HAVE PAIN FOR LESS THAN 24 HOURS AND CAN BE MANAGED AS FOLLOWS:

FREQUENT ICE (APPLIED WITH CLEAN WASHCLOTH SOAKED IN ICE WATER).

TYLENOL AS DIRECTED (IF YOU ARE ABLE TO TAKE TYLENOL).

IBUPROFEN AS DIRECTED. (IF YOU ARE ABLE TO TAKE IBUPROFEN).

IBUPROFEN AND TYLENOL CAN BE TAKEN AT THE SAME TIME FOR ADDED BENEFIT.

IF YOU TAKE A NARCOTIC PAIN MEDICINE LIKE TYLENOL/HYDRODONE, MAKE SURE **NOT** TO TAKE REGULAR TYLENOL AS WELL.

OINTMENT FOR THE STITCHES:

- USE THE PRESCRIBED OINTMENT ON THE SURGICAL INCISIONS, WHICH ARE TYPICALLY ON THE EYELIDS (EXTERNALLY). IF YOU HAVE SURGERY ON THE SURFACE OF THE EYE, THE PRESCRIBED OINTMENT GOES IN THE EYE AS WELL.
- FOR OINTMENT THAT GOES OUTSIDE THE EYE, IF YOU ARE UNABLE TO OBTAIN THE PRESCRIPTION ANTIBIOTIC OINTMENT, OR YOU RUN OUT OF IT, OR YOU HAVE AN ALLERGY TO THAT SUBSTANCE, SIMPLY PLACE A TINY AMOUNT OF **AQUAPHOR OINTMENT** (AVAILABLE OVER-THE-COUNTER) ON THE VISIBLE SUTURES THREE TIMES DAILY.

MANAGING THE SURGICAL SITE DURING THE FIRST WEEK:

- SWELLING AND BRUISING INCREASE EACH DAY FOR **THREE DAYS** AFTER SURGERY.
- NORMALLY, **INCISIONS BLEED A LITTLE** FOR THE FIRST DAY OR TWO.
- **USE A COLD COMPRESS** FOR AT LEAST 15 MINUTES PER APPLICATION, ABOUT 6 TIMES PER DAY, FOR 3 DAYS AFTER SURGERY. THE BEST WAY TO DO THIS IS TO USE A WASHCLOTH DIPPED IN ICE WATER — THIS WILL ALSO HELP KEEP THE INCISIONS CLEAN, SINCE THEY TYPICALLY OOZE A LITTLE FOR A DAY OR TWO.
- APPLY A THIN AMOUNT OF THE OPHTHALMIC ANTIBIOTIC OINTMENT TO INCISIONS 3 TIMES PER DAY. IT IS SAFE IF IT GETS IN THE EYE. PATIENTS OFTEN NOTICE THAT **THE OINTMENT CAUSES BLURRED VISION** WHEN IT GETS IN THE EYE — THIS IS NORMAL. TO MINIMIZE THIS, USE ONLY A THIN FILM TO COAT THE SUTURES. THAT LITTLE TUBE SHOULD LAST ALL WEEK.
- IF YOU HAVE AN INCISION ON THE INSIDE OF THE EYELID, OR ON THE EYEBALL, IT IS NORMAL FOR THE EYE TO COLLECT A LOT OF MUCUS FOR SEVERAL WEEKS. THIS IS NOT AN INFECTION.
- THE FOLLOWING DAY AFTER SURGERY, YOU MAY **SHOWER AND GET INCISIONS WET**.
- IF YOU HAVE A SEWN ON PATCH, IT WILL BE REMOVED BY DR. WALRATH AT THE POSTOPERATIVE VISIT.
- DO NOT ATTEMPT TO TRIM OR REMOVE SUTURES. **DO NOT RUB** ANYWHERE AROUND YOUR INCISION.
- A COMMON COMPLAINT IN THE POSTOPERATIVE PERIOD IS ITCHING. A THIN LAYER OF OINTMENT TO PREVENT THE INCISION FROM DRYING OUT CAN HELP. BENADRYL CAN ALSO HELP ITCHING BUT MAY MAKE YOU TIRED.

SCAR OPTIMIZATION:

- AFTER THE STITCHES ARE REMOVED, DR. WALRATH ADVISES THAT SOME PATIENTS BEGIN TREATMENT TWICE DAILY WITH A SILICONE SCAR MEDICATION. OUR OFFICE CAN PROVIDE THIS PRODUCT AT YOUR POSTOPERATIVE VISIT IF IT IS APPROPRIATE.
- MAKEUP AND SUNSCREEN WEAR CAN RESUME 2 WEEKS AFTER SURGERY.

IN GENERAL, DR. WALRATH SEES MOST SURGICAL PATIENTS 1-2 WEEKS AFTER SURGERY. IT IS SOMETIMES A TELEMEDICINE VISIT. PLEASE CALL THE OFFICE TO SCHEDULE THAT VISIT.

POSTOPERATIVE CONCERNS?

BEFORE 5:00 PM:

(770) 802-9223 / (470) 641-2325

AFTER HOURS:

CALL CENTER: 866-527-3722