



General Oculoplastics Post-operative Instructions

Oculoplastic procedures refer to a large variety of surgical procedures that deal with the orbit (eye socket), eyelids, tear ducts, and the face. These procedures include repair of droopy eyelids, repair of tear duct obstructions, orbital fracture repairs, removal of tumors in and around the eyes, and facial rejuvenation procedures including laser skin resurfacing, eye lifts, brow lifts, and even facelifts. Please see the following general post-operative instructions:

- No bending, heavy lifting, exercise or aerobic activity for two weeks.
- During the first 24 hours use an ice bag, mask, or bag of frozen peas/corn for at least 20 minutes during each hour while you are awake. Then apply at bedtime for 2 weeks. Cold compresses cause the blood vessels to constrict and help decrease post-operative swelling.
- Use Tylenol 325 mg to 500 mg, every 4 hours as needed for pain.
- Do NOT take aspirin or aspirin containing products because this increases the risk of bleeding and can prolong bruising.
- Apply erythromycin ointment to the wound twice daily until instructed to stop.
- Sutures (stitches) are typically removed 5 to 7 days after surgery.