

## POST-SURGICAL INSTRUCTIONS

### INSTRUCTIONS:

- **If having anesthesia, have someone you know drive you home and stay with you.**
- **Take pain medication exactly as prescribed** or Tylenol. No aspirin or anti-inflammatories.
- Resume all your regularly prescribed medications after surgery unless instructed otherwise.
- For allergy or constipation issues use over-the-counter remedies to minimize sneezing and straining.
- Eat and drink items easy on the stomach AFTER surgery for first few meals. Fluids are critical following surgery. Stick to non-carbonated, non-alcoholic, caffeine-free beverages. Eat soft, bland nutritious food for the first 24 hours.
- **Recline, do not lie down.** Sleep with head elevated 30-45 degrees for several days. This will be more comfortable for you, and can reduce swelling.

### WOUND CARE:

- **First 48 hours-** To alleviate any discomfort, and to reduce swelling you may apply **cold compresses** (gel pack, frozen peas, rice, etc or gauze soaked in ice water then wrung out). Do not use ice directly on the skin. Cold compresses wrapped with a clean, damp paper towel should be used for the first 48 hours (20-30 min every hour while awake). Do not get the wounds wet for the first 48 hours.
- **After 48 hours-** You may gently wash wounds with soap/water/hydrogen peroxide but no scrubbing. Switch to clean **warm compresses** (gel pack, washcloth) 2-3x daily 5-10 minutes **until** bruising/ swelling is gone (weeks-months).
- Don't pick, push, or rub to avoid wound separation as wounds are weak for a few weeks.
- **Keep your incisions clean.** Your incisions will seep fluid and some blood for a short time after surgery. If a dressing is placed, leave it until instructed to remove. Steri-strips may be removed when they become loose.
- Avoid showering (getting wounds wet) for 48 hours, although a bath is acceptable.
- Hydra Balm or vaseline application is helpful with wound healing for several months.
- **Do not stress or strain your eyes.** Wait 7 days (soft) and 14 days (hard) before wearing contact lenses. Wear dark lens, large frame sunglasses if you must be outdoors or in bright light. Avoid sun exposure to scars for a year unless using SkinCeuticals sunscreen (SPF 30+).

### ACTIVITIES:

- Do not bend over, strain, or perform strenuous activities for 10 days.
- Avoid straining after surgery, but some activity (slow walking) is helpful to avoid serious blood clots or constipation.
- Do not drive or drink alcohol while taking prescribed narcotic pain medication.

### TYPICAL POST-OPERATIVE SYMPTOMS:

- Eyes will be more sensitive to light and wind, and will be blurry after surgery. Use artificial tears like **Gentel** (4+ times a day) or ointment (2-3 times a day), which may blur vision but will soothe and protect. Tear drop use > 6x/day need to be preservative-free
- You may have difficulty closing eyes while sleeping (put eye ointment in eyes at bedtime for several days).

\*For questions call:

Springs Aesthetics 719.473.8801

Mon-Fri 8am-5pm

- Most discomfort is in the first few days. Expect swelling/bruising for at least a few weeks and rarely several months.
- You may have gummy eyes for 1-2 weeks. You can gently blot with a warm, clean wet washcloth after 48 hours.
- Eyelids can itch, be numb, and/or feel tight for several months after surgery.
- Suture removal/post-op check between 7-14 days most commonly. Dissolvable sutures last 7-21+ days. Makeup can be applied over incision site after sutures are removed. Camouflage DermaBlend or GLO Makeup (available at Springs Aesthetics) can be used to cover bruising at any time.

#### APPEARANCE:

- You may have bruising and swelling for a few weeks but rarely months and very rarely longer.
- Healing is gradual and scars may remain highly visible (red/discolored/raised) rarely for 6+ months. Scars tend to improve the most after 3 months, but any scar concerns should be brought to Dr. Burroughs' attention to address it medically as needed even in the 1st few mos.
- Tiny whiteheads or bumps may appear at the incisions and usually resolve by 3 months

#### **CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:**

- **Severe/ rapidly worsening swelling/ bruising.** NOTE: \*swelling normally progresses and is worse post op day 1 & 2.
- Uncomfortable/Progressive redness, wound discharge, a foul smell coming from the wound.
- A **high fever**, (over 101°), severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.
- **Bright red skin** that is **hot** to the touch.
- **Excessive bleeding** or fluid seeping that has failed to stop/slow with light pressure and elevation of head for 10-15 minutes. Some bloody discharge/ seepage for a few days is normal.
- Any **pain that cannot be controlled** by your pain medication. Eye drops/ointment will help eye pain. IF eye is patched and **severe eye, orbital pain, nausea/vomiting or pressure** behind the eye develops, remove the patch ASAP and check for vision loss not associated with ointment/ swelling.
- **Acute/ severe vision loss.** Some visual blurriness from dryness, ointment, or swelling is expected and normal.

#### QUESTIONS ?

- [www.springsaesthetics.com](http://www.springsaesthetics.com) (*Patient Center* tab for detailed information)
- Call **719.473.8801** during office hours M-F 8am-5pm.
- For after hour surgery-related emergencies call Dr. Burroughs' cell number (nights and weekends) **719.210.7539**
- If you don't receive a quick call back, the after-hours recording (**719.473.8801**) will provide on-call doctor information for *you to call*. If you feel it is an emergency and you can't reach a doctor, go to the ER, so you can be treated.