

After Care Instructions

****Always Wash Your Hands Before Caring For Your Eyes****

Do NOT:

- Rub your eyes.
- Drive until blurry vision is resolved.
- Bend from the waist, lift anything greater than 10 pounds, or strain yourself for 2 weeks.
- Exercise for 2 weeks.
- Apply makeup on or around your eyes for 2 weeks after surgery.
- Smoke for a least 2 weeks after surgery. Smoking can impair wound healing.

Do:

- Get plenty of rest.
- Rest and sleep with your head elevated on 2-3 pillows for 1 weeks to help prevent swelling.
- Apply the cold compress to your eyelids every 10-15 minutes (on for 10 to 15 minutes, then off for 10 to 15 minutes) as much as possible while you are awake for the for the first 48 hours after surgery.
- Use Tobradex 3 times a day on your stitches for 2 weeks. Use Vitamin E cream twice a day thereafter.
- Continue any other eye drops as previously prescribed.

You Can Expect The Following:

- The ointment used after your surgery may make your vision blurry. This is temporary and usually goes away within 24 hours.
- Bruising and swelling is normal, this will get better in 1-4 weeks.
- You may have some discomfort or mild pain, you may take 1,000mg of Tylenol every 6 hours.

****Only use the number provided to report any of the following listed emergencies during the post-operative period (30 days after your surgery). Please note that only text messages will be responded to. All other enquiries and issues arising after the post-operative period should be directed to 905-235-8055 Monday-Friday 9am-12pm.****

TEXT Your Doctor At 306-261-4226 Immediately If You Experience:

- Severe, prolonged pain not relieved by Tylenol.
- Persistent nausea or vomiting.
- Increased pain, swelling and redness at your surgical sites that's getting worse.
- Continuous drainage from your suture lines or separation of your sutures.

****CALLS WILL NOT BE ANSWERED****