



After surgery it is best for you to keep your head elevated on a head wedge rest at a 45° angle when in bed.

Apply a cool compress for twenty minutes every hour for at least the first 72 hours to reduce the amount of swelling you will have after surgery.

IF YOU HAVE DISCOMFORT IN YOUR EYES, TAKE THE PAIN MEDICATION EVERY 3-4 HOURS. IT IS BEST TO TAKE PAIN MEDICATION WITH CRACKERS, JELLO, ETC. IF YOU HAVE NO PAIN DO NOT TAKE THE PAIN MEDICATION. DO NOT DRINK ALCOHOL UNTIL YOU HAVE STOPPED THE PAIN MEDICATION.

A light diet is best on the surgery day after you get home. Begin by taking liquids slowly and progress to soups or jello. You can start a regular diet the next day.

You can expect some bleeding from the stitch lines and swelling of the eyelids. However, you should call the office if you have a continuous bloody drip, significantly more swelling on one side than the other, or any severe eye pain.

On the day after surgery apply Bacitracin ophthalmic ointment 3 times per day to incision line for 2 days only. Apply just enough to keep crusts from forming on the stitches and to keep the area from feeling tight.

APPLY *REFRESH P.M.* OINTMENT (AVAILABLE OVER THE COUNTER) INSIDE THE EYELID EVERY NIGHT AT BEDTIME. THIS WILL MAKE YOUR VISION BLURRY, BUT IT WILL CLEAR AS THE OINTMENT IS ABSORBED.

USE TOBRADEX EYE DROPS IN EACH EYE (3 DROPS) 3 TIMES PER DAY FOR THE FIRST 5 DAYS.

Use Refresh Plus drops in both eyes every 1-2 hours.

The 2nd day after surgery you can begin washing your face (but not your eyelids) gently with a mild soap (Ivory or Neutrogena) and rinse with water. It will not hurt to get water on the stitches or in the eyes.

Smiling, yawning, or pulling on the eyelids should be avoided for 1 week after surgery. This is especially important the first few days following removal of the stitches.

Strenuous activities should be avoided for 3 weeks (keep your heart rate under 100 beats per minute.) After the 2nd week you should gradually increase your activities so you are back to normal by the end of the 3rd week.

If your eyes become red and irritated or if you form yellow matter in your eyes, discontinue the ointment and call our office.

If you awaken in the morning with eye irritation or red eye – it means you need to use more *Refresh Plus* at night as your eyelids do not close completely for several weeks after surgery.

#### GENERAL INSTRUCTIONS:

Tearing and dry eyes often occurs after eyelid surgery. This will stop as the swelling subsides over the first several days.

Tightness of the eyelids is a normal feeling after surgery. This may make it hard to close the eyelids completely. This will relax with time. There may be a feeling of numbness of the eyelids that will subside with time.

Red discoloration of the whites of the eyes is normal as well. This is painless, will not harm your vision, and will disappear completely. Swelling may also cause the lower lid to pull away from the eye. This will subside as the swelling goes down.

Contacts can be worn when the eyes start feeling normal and the majority of the swelling has subsided. This is approximately two weeks after surgery. Wear glasses until then. It is common to have blurred vision after your procedure as the cornea can swell – it can take several weeks to resolve – be patient, it will go away.

Cosmetics can be worn on the face as early as 5 days after surgery. However, eyelid or eyelash cosmetics should NOT be worn until after the eyelid sutures have been removed.

Strenuous activity/lifting of objects heavier than 10 pounds should be avoided for 3 weeks.

All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun is to be avoided. When going out, even on cloudy days, use a sunscreen with SPF 20 or greater that has both UVA and UVB protection, for at least 6 months.

Please take medications only as directed by Dr. Camp.

If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking you medications please call the office.

If you develop a fever (oral temperature greater than 101°) and/or have redness or increased pain at the site of your surgical incisions, please call Dr. Camp's office immediately. Dr. Camp can also be reached by cell 507-383-3134.

It is important to be seen by Dr. Camp after your initial post-op checks. He will see you in follow-up appointments at 1 week, 3 weeks, 6 weeks, 6 months and 1 year post-op. We will arrange these appointments for you.

If you are a patient at one of the facilities below, please call between the hours of 8:00-5:00. If you need immediate care, please call Dr. Camp anytime on his cell. 507-383-3134. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

<b>BURNSVILLE</b>	<b>CENTENNIAL LAKES</b>	<b>ORONO</b>	<b>SARTELL</b>
<b>MEDICAL CENTER</b>	<b>MEDICAL CENTER</b>	<b>PROFESSIONAL BUILDING</b>	<b>OFFICE</b>
14000 Nicollet Ave. So., #304 Burnsville, MN 55337 (952) 898-1600	7373 France Ave. So., #304 Edina, MN 55435 (952) 224-5712	2765 Kelley Parkway, #100 Orono, MN 55356 (952) 345-4222	1350 LeSauk Drive Sartell, MN 56377 (320) 252-7546

Dr Camp's Cell Phone Number: 507-383-3134 (Cell)

Dr. Camp's E-mail: [MCamp@skincaredrs.com](mailto:MCamp@skincaredrs.com)

