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PLASTIC & RECONSTRUCTIVE SURGERY
ORAL & MAXILLOFACIAL SURGERY

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Post-Operative Instructions for Eye Surgery

1. A responsible adult must drive you home and stay with you for 24 hours.
 2. The effects of the anesthetic may remain for 24 hours. You should remain in bed, going only to the bathroom with help during that time.
 3. Sleeping with the head elevated on two pillows will decrease the amount of bruising and swelling. Try to sleep this way for 3 to 4 days. A reclining chair is ideal if you have one.
 4. Placing cold compresses on the eyes for the first 48 hours will help reduce the amount of bruising and swelling that normally occurs with surgery. Frozen peas placed in a sandwich size Ziploc bag works extremely well on the eyelids to help reduce swelling and bruising. Keep on for 20 minutes, then off 20 minutes, repeat.
 5. You should apply a very thin coat of ophthalmic antibiotic ointment to your incisions 2 to 3 times a day. Use a Q-tip to apply the ointment. Too ointment may cause blurred vision.
 6. Severe pain with excessive swelling of one eyelid when compared with the other should be called to the attention of the doctor. You will experience some swelling for a period of 7 to 10 days after the procedure.
 7. Before eating please start out with iced Cola, (there is something in this to aide in preventing nausea). Then you may have anything you feel like eating, except alcoholic beverages.
 8. Take only the medication prescribed by our office. You should always take pain medication and antibiotics with food, never on an empty stomach. Avoid all aspirin and ibuprofen medications for 2 week following your surgery.
 9. These instructions are not intended to cover all possible problems that may arise and good judgment on your part is essential to a good result. Call our office with any problems or questions.
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1. Water will not harm sutures or incisions. Q-tips moistened with cool tap water may be used to cleanse eyelid and other incisions.

2. On the third day after your surgery shampoo your hair (using your favorite shampoo or baby shampoo) and then continue with a daily shampoo for about a week. This is to help keep the incision as clean as possible and aid healing. Do not use hot water, use lukewarm.
3. You should expect swelling and discoloration about your eyes, cheeks and neck, This will begin to subside in about three days and be virtually gone in 10 days to 2 weeks.
4. As healing progresses, you will probably feel tingling, tightness and some stiffness.
5. You may feel little bumps here and there. These are simple bruises and will disappear in a few weeks.
6. Numbness is usual and will last up to three months in some areas.
7. You may have a shampoo and set in a salon two to three weeks postoperatively. Do not use a hot dryer. Check the temperature with you hands.
8. Your hair may be colored five to six weeks post-operatively.
9. Conditioners may be used in two to three weeks. Hot pack conditioner should probably not be used for five to six weeks post-operatively.