

Pre-Operative Orders for Lid and Lacrimal Surgery:

1. **DO NOT** eat or drink anything after midnight, the night before surgery.
- 2.

Post-Operative orders for Lid & Lacrimal Surgery:

1. **Ice Stage:** Day of surgery and next two days (2 ½ days total):
 - A) Use the Swiss Therapy Eye mask provided by the surgery center. Soak in ice water.
 - B) Place on lid(s) for 8-10 mins., every 30 mins. while awake.
 - C) Avoid Heat: i.e. hot showers or baths (short, warm showers or baths are o.k.). You may have your hair washed at a salon or you may wash your hair in a sink or in the shower with the water running down the back of your neck. Do not let the dirty soapy water run into the wounds.
 - D) Avoid heat, not water. Avoid extreme outdoor heat and direct sun.
 2. **Heat Stage:** Begin 3rd day at home and continue until next appt.
 - A) Use a clean washcloth, folded into thirds.
 - B) Soak with warm (bath temp.) water from sink. Keep water running to maintain temperature.
 - C) Wring out washcloth and place on eye(s) every 5-10 seconds, rewetting washcloth every 5-10 seconds as it cools off.
 - D) Do this in 10 min. sessions, four times a day.
 3. **Ointment:** Beginning the 1st day and every day until next appt.
 - A) Clean sutures with a **small** amount of antibiotic ointment placed on the end of a Q-tip.
 - B) Do this in the morning and before going to bed at night.
 - C) Vision may be blurry from the ointment. This is normal.
 4. **Pain & Bleeding:** Pain should not be a problem.
 - A) Take Tylenol if needed for pain.
 - B) For severe pain or nose bleeds, call our office.
 5. You may resume your normal activities, but **NO EXERCISE.**
 6. Do not wear eye make-up or contact lenses until you have checked with us.
 7. **For Special Patients with Skin Grafts:** Place 4-5 antibiotic drops on sponge twice a day.
 8. Do not stop any medications or eye drops unless specifically told to by your doctor.
 9. Some of these instructions will need to be modified depending on your procedure. Your doctor will discuss them with you.
- On day of surgery, go to the 2nd floor at _____am/pm.

Pre-Operative Orders for Lid and Lacrimal Surgery:

1. **DO NOT eat or drink anything after midnight**, the night before surgery.
- 2.

Post-Operative orders for Lid & Lacrimal Surgery:

1. **Ice Stage:** Day of surgery and next two days (2 ½ days total):
 - a. Use the Swiss Therapy Eye mask provided by the surgery center. Soak in ice water.
 - b. Place on lid(s) for 8-10 mins., every 30 mins. while awake.
 - c. Avoid Heat: i.e. hot showers or baths (short, warm showers or baths are o.k.). You may have your hair washed at a salon or you may wash your hair in a sink or in the shower with the water running down the back of your neck. Do not let the dirty soapy water run into the wounds.
 - d. Avoid heat, not water. Avoid extreme outdoor heat and direct sun.
2. **Heat Stage:** Begin 3rd day at home and continue until next appt.
 - a. Use a clean washcloth, folded into thirds.
 - b. Soak with warm (bath temp.) water from sink. Keep water running to maintain temperature.
 - c. Wring out washcloth and place on eye(s) every 5-10 seconds, rewetting washcloth every 5-10 seconds as it cools off.
 - d. Do this in 10 min. sessions, four times a day.
3. **Ointment:** Beginning the 1st day and every day until next appt.
 - a. Clean sutures with a **small** amount of antibiotic ointment placed on the end of a Q-tip.
 - b. Do this in the morning and before going to bed at night.
 - c. Vision may be blurry from the ointment. This is normal.
4. **Pain & Bleeding:** Pain should not be a problem.
 - a. Take Tylenol if needed for pain.
 - b. For severe pain or nose bleeds, call our office.
5. You may resume your normal activities, but **NO EXERCISE.**
6. Do not wear eye make-up or contact lenses until you have checked with us.
7. **For Special Patients with Skin Grafts:** Place 4-5 antibiotic drops on sponge twice a day.
8. Do not stop any medications or eye drops unless specifically told to by your doctor.
9. Some of these instructions will need to be modified depending on your procedure. Your doctor will discuss them with you.

