

JOSEPH D. WALRATH, MD – OCULOPLASTIC SURGERY
COORDINATORS: 770-804-1684 (EXT.119 / EXT. 260)
FAX: 844-742-6584

POSTOPERATIVE INSTRUCTIONS

THE GOLDEN RULES AFTER SURGERY:

- TO MINIMIZE SWELLING: “REST, ICE, AND COMFY CHAIR” FOR THE FIRST 3 DAYS.
- AVOID STRENUOUS ACTIVITY AND REMAIN IN A CLEAN ENVIRONMENT FOR 14 DAYS.
- DO NOT DRIVE A MOTOR VEHICLE FOR 24 HOURS AFTER SURGERY.
- DO NOT RUB FOREHEAD OR EYELIDS FOR TWO WEEKS AFTER SURGERY.
- RESUME BLOOD THINNERS UNLESS DR. WALRATH TELLS YOU OTHERWISE.

MANAGING PAIN AFTER SURGERY:

- MOST OF THE SURGERIES ARE NOT ASSOCIATED WITH SIGNIFICANT PAIN THAT REQUIRES NARCOTICS. IF YOU ARE UNDERGOING SURGERY THAT IS ASSOCIATED WITH MORE PAIN, OR ARE ANXIOUS ABOUT PAIN, DR. WALRATH WILL PRESCRIBE YOU OPIOID PAIN MEDICINE.
- ALMOST ALL EYELID SURGERIES HAVE PAIN FOR LESS THAN 24 HOURS AND CAN BE MANAGED WITH ICE AND TYLENOL / IBUPROFEN AS DIRECTED (IF YOU CAN TAKE THOSE).

MANAGING THE SURGICAL SITE DURING THE FIRST WEEK:

- SWELLING AND BRUISING INCREASE EACH DAY FOR 3 DAYS AFTER SURGERY.
- IT IS NORMAL FOR INCISIONS TO BLEED MINIMALLY FOR THE FIRST DAY OR TWO.
- USE A COLD COMPRESS FOR AT LEAST 15 MINUTES PER APPLICATION, ABOUT 6 TIMES PER DAY, FOR 3 DAYS. USE A CLEAN WASHCLOTH SOAKED IN ICE WATER FOR THIS.
- APPLY A THIN AMOUNT OF THE OPHTHALMIC ANTIBIOTIC OINTMENT TO INCISIONS 3 TIMES PER DAY. PATIENTS OFTEN NOTICE THAT THE OINTMENT CAUSES BLURRED VISION WHEN IT GETS IN THE EYE — THIS IS NORMAL.
- IF YOU HAVE AN INCISION ON THE INSIDE OF THE EYELID, OR ON THE EYEBALL, IT IS NORMAL FOR THE EYE TO COLLECT A LOT OF MUCUS FOR SEVERAL WEEKS.
- THE FOLLOWING DAY AFTER SURGERY, YOU MAY SHOWER AND GET INCISIONS WET.
- DO NOT ATTEMPT TO TRIM OR REMOVE SUTURES. IF YOU HAVE A SEWN-ON DRESSING, IT WILL BE REMOVED BY DR. WALRATH. IF YOUR EYE IS PATCHED, DR. WALRATH WILL REMOVE THE PATCH AT THE POSTOPERATIVE VISIT.
- A THIN LAYER OF OINTMENT CAN HELP PREVENT THE INCISION FROM DRYING OUT AND GETTING ITCHY. BENADRYL CAN ALSO HELP ITCHING BUT MAY MAKE YOU TIRED.

IF YOU HAD A COSMETIC LOWER EYELID SURGERY:

- USE THE OINTMENT ON THE SUTURES AS DESCRIBED.
- START STEROID EYE DROPS THREE TIMES DAILY AFTER THE SURGERY. THE DROPS ARE A MILKY WHITE SUSPENSION AND NEED TO BE SHAKEN PRIOR TO USE.
- START ARTIFICIAL TEARS FOUR TIMES DAILY AFTER THE SURGERY. WHEN PLACING EYE DROPS, LEAN BACK AND LET THEM FALL IN. BE GENTLE!
- IF YOU HAVE SEWN-ON DRESSINGS, DR. WALRATH WILL REMOVE AT THE FOLLOWUP VISIT.

IF YOU HAD A LASER RESURFACING, PLEASE REFER TO SEPARATE LASER INSTRUCTIONS.

IF YOU HAD TEAR DRAIN SURGERY OR EYE SOCKET SURGERY (FRACTURE REPAIR, EYE SOCKET DECOMPRESSION, “DCR”, OR “JONES TUBE” PROCEDURE):

- AVOID NOSE-BLOWING FOR ONE WEEK.
- IF YOU HAD A “JONES TUBE” PROCEDURE, MAKE SURE TO IRRIGATE WATER THROUGH THE TUBE A FEW TIMES PER DAY AS INSTRUCTED BY DR. WALRATH.

SCAR OPTIMIZATION:

- WE WILL DISCUSS SILICONE SCAR TREATMENT AT THE POSTOPERATIVE VISIT, IF IT IS APPROPRIATE. MAKEUP AND SUNSCREEN WEAR CAN RESUME 2 WEEKS AFTER SURGERY.

IN GENERAL, DR. WALRATH SEES MOST SURGICAL PATIENTS 1-2 WEEKS AFTER SURGERY.

IF YOUR POSTOPERATIVE VISIT IS BY TELEMEDICINE, PLEASE MAKE SURE YOU HAVE:

- GOOD CELLULAR OR WIFI SIGNAL
- A DEVICE WITH A FRONT-FACING CAMERA (LAPTOP, WEBCAM, TABLET, SMARTPHONE)
- A QUIET PLACE WITH GOOD OVERHEAD LIGHTING

A FEW MINUTES BEFORE YOUR TELEMEDICINE VISIT, PLEASE ARRIVE AT THE ONLINE WAITING ROOM BY GOING TO THE FOLLOWING WEBSITE: [HTTPS://DOXY.ME/DRWALRATH](https://doxy.me/drwalrath)

POSTOPERATIVE CONCERNS?

DURING BUSINESS HOURS, IF YOU HAVE A CONCERN, PLEASE CALL:

TEAM WALRATH TECH PHONE LINE: (770) 802-9223

IF YOU DO NOT RECEIVE A PROMPT CALL BACK, OR IF AFTER HOURS:

CALL CENTER: 866-527-3722