

JOSEPH D. WALRATH, MD – OCULOPLASTIC SURGERY
COORDINATORS: 770-804-1684 (EXT.119 / EXT. 166)
FAX: 844-742-6584

POSTOPERATIVE INSTRUCTIONS

WHAT TO DO AFTER SURGERY:

- TO MINIMIZE SWELLING: SLEEP WITH YOUR HEAD ELEVATED, AVOID SALTY FOODS, AND REST.
- AVOID STRENUOUS ACTIVITY AND REMAIN IN A CLEAN ENVIRONMENT FOR 2 WEEKS.
- DO NOT DRIVE A MOTOR VEHICLE FOR 24 HOURS AFTER SURGERY.
- IF YOU HAD TEAR DRAIN SURGERY OR EYE SOCKET SURGERY, AVOID NOSE-BLOWING FOR ONE WEEK. IF YOU HAVE HAD A “JONES TUBE” PROCEDURE, DR. WALRATH WILL REVIEW YOUR POST-SURGICAL CARE INSTRUCTIONS PERSONALLY.
- **RESUME BLOOD THINNERS THE DAY AFTER SURGERY, UNLESS DR. WALRATH TELLS YOU OTHERWISE**

MANAGING PAIN AFTER SURGERY:

- **MOST OF MY 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 AS FOLLOWS:
 - FREQUENT ICE (APPLIED WITH CLEAN WASHCLOTH SOAKED IN ICE WATER).
 - TYLENOL AS DIRECTED (IF YOU ARE ABLE TO TAKE TYLENOL).
 - IBUPROFEN AS DIRECTED. (IF YOU ARE ABLE TO TAKE IBUPROFEN).

OINTMENT FOR THE STITCHES:

- DRUG COMPANIES ARE ALWAYS PLAYING GAMES WITH PRICING. YOU WILL HAVE A RANGE OF OPTIONS FOR OINTMENT TO PUT ON EXTERNAL EYELID STITCHES.
- WE WILL INDICATE WHEN IT IS APPROPRIATE FOR YOU TO SIMPLY “CHOOSE THE CHEAPEST” OPTION.
- FOR OINTMENT THAT GOES OUTSIDE THE EYE, IF YOU ARE UNABLE TO OBTAIN PRESCRIPTION ANTIBIOTIC OINTMENT, SIMPLY PLACE A TINY AMOUNT OF VASELINE OR AQUAPHOR OINTMENT ON THE VISIBLE SUTURES THREE TIMES DAILY.

MANAGING THE SURGICAL SITE DURING THE FIRST WEEK:

- SWELLING AND BRUISING INCREASE EACH DAY FOR 2-3 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 THE FIRST THREE DAYS AFTER SURGERY. THE BEST WAY TO DO THIS IS TO USE A WASHCLOTH DIPPED IN ICE WATER — THIS WILL ALSO HELP KEEP THE INCISIONS CLEAN, SINCE THEY TYPICALLY OOZE A LITTLE FOR A DAY OR TWO.**
- APPLY A THIN AMOUNT OF THE OPHTHALMIC ANTIBIOTIC OINTMENT TO INCISIONS 3 TIMES PER DAY. IT IS SAFE IF IT GETS IN THE EYE. **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. THIS IS NOT AN INFECTION.
- THE FOLLOWING DAY AFTER SURGERY, YOU MAY SHOWER AND GET INCISIONS WET.
- IF YOU HAVE A SEWN ON PATCH, IT WILL BE REMOVED BY DR. WALRATH AT THE POSTOPERATIVE VISIT.
- DO NOT ATTEMPT TO TRIM OR REMOVE SUTURES.
- A COMMON COMPLAINT IN THE POSTOPERATIVE PERIOD IS ITCHING. A THIN LAYER OF APPOINTMENT TO PREVENT THE INCISION FROM DRYING OUT CAN HELP. BENADRYL CAN ALSO HELP ITCHING BUT MAY MAKE YOU TIRED.

SCAR OPTIMIZATION:

- AFTER THE STITCHES ARE REMOVED, DR. WALRATH ADVISES THAT SOME PATIENTS BEGIN TREATMENT TWICE DAILY WITH **BIOCORNEUM** SCAR MEDICATION. DO NOT GET THIS PRODUCT IN YOUR EYES. OUR OFFICE CAN PROVIDE THIS PRODUCT AT YOUR 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. PLEASE CALL THE OFFICE TO SCHEDULE THAT VISIT.

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