



DEPARTMENT OF OPHTHALMOLOGY  
BYERS EYE INSTITUTE AT STANFORD  
OPHTHALMIC PLASTIC & RECONSTRUCTIVE SURGERY

## POST-OPERATIVE INSTRUCTIONS

### Normal Expectations:

- Blood-tinged drainage from incisions or "bloody tears" for 24-48 hours
- Increased swelling and bruising two days after surgery - this may be unequal comparing each side.
- Bruising may start in eyelids and move lower on your face – this may take 2+ weeks to fade.
- Schedule approximately one (1) week off from work (if possible) to allow for the resolution of swelling and bruising. Resolution times will vary.

### Dressing:

- You may have a patch after surgery.
- Apply ice compresses 6x/daily, 10-15 min/each, for 3 days. You can use the ice more often on the day of surgery. Cold wet towels, ice masks, or a bag of frozen peas covered by soft cloth work well. Not necessary while sleeping and not necessary if you have a patch over the eye.

### Medications:

- Apply a small amount of ointment on the incisions three (3) times per day for 10 days. If your eyes feel dry, it may be helpful to squeeze a bit of ointment into your eyes as well - this will blur your vision.
- Do not pull on your eyelids to place the ointment.
- Take 2 extra strength Tylenol tablets every 4 hrs for pain, while awake.
- Your doctor may prescribe pain medication. Take as directed.
- Restart blood thinning medications when instructed by the surgeon or your primary care doctor. If not otherwise indicated, please hold blood thinners for one (1) week after surgery.

### Activity:

- Do not rub your eyes around the surgical site.
- Sleep with your head slightly elevated and avoid stooping or bending for 1 week. Avoid sleeping on operative side.
- Please avoid any strenuous activity, heavy lifting or bending for two (2) weeks after surgery.
- Do not drive while taking prescription pain medication.
- Avoid sun exposure to the surgical site for one (1) month - this will improve the appearance.
- No swimming or hot tub use for 2 weeks after surgery
- If you had tear duct surgery, please avoid nose blowing for one (1) week.

### Hygiene:

- You may bathe normally after 24 hours. You may gently clean the operated area with soap and water starting the day after surgery. Please pat, DO NOT rub, the eyes after surgery.
- Avoid the development of crusting over the incision by gently cleaning any blood or mucus with sterile Q-tips and saline.



**STANFORD**  
HOSPITAL & CLINICS

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- Do not use eye make-up until approved by your physician.

**Diet:**

- Resume your regular diet. Drink plenty of liquids to stay hydrated.
- Avoid alcohol while taking prescription pain medication.

**Call Right Away If:**

- Severe pain
- Rapid swelling of eye or inability to move eye(s) in all directions.
- Dimming or loss of vision that does not improve with blinking and not caused by ointment.
- Continuous bleeding that is not controlled with cold compresses.

**Useful Phone Numbers**

Byers Eye Institute	650-723-6995
Dolores, Surgery Coordinator	650-725-1537
Oculoplastics Nurse	650-497-7724
EMERGENCY ONLY after 5PM	650-723-6661

\*Ask for the eye resident on and state that had eye surgery