Procedure Room Post-Operative Instructions

- Apply the ophthalmic ointment (Maxitrol/Polysporin) to the incision three (3) times per day for ten (10) days. If asked to place ointment in the eyes, gently pull down your lower eyelid and place a ¼ inch ribbon into the operated eye 3 times a day. It is normal for the vision to be blurry after ointment use.
- Apply a gentle ice compress to the operated side for 24 hours after surgery, unless otherwise instructed. You can use an ice pack or a bag of frozen peas. Avoid excessive pressure on the operated eye and use the ice pack only for 20 minutes at a time, with breaks for ten (10) minutes. The ice pack should not be used when sleeping or if your eye is patched.
- Slight bloody discharge from the operative site is normal and should be expected. Avoid the development of crusting over the incision by gently cleaning any blood or mucus with sterile Q-tips and saline.
- Avoid rubbing, pressing, pulling, or bumping your eye or the surgical site.
- You may shower after 24 hours, but do not allow the water to spray directly on the incision.
- Refrain from blood thinners (Aspirin, Ibuprofen, Vitamin E, fish oils, supplements etc) for 1 week after surgery unless otherwise instructed. You may restart other regular medications the day after surgery.
- If you experience pain after the surgery, start with regular or extra strength Tylenol; if you have pain uncontrolled by Tylenol, use other pain medications as prescribed.
- Avoid heavy lifting (over 25 lbs) or exercise for at least ten (10) days following surgery, as this can increase the risk for a hemorrhage.
- Please avoid sun exposure to the surgical site. This will improve the appearance of the incision. UV protection is very important for 3 months after surgery.
- Patients may drive the day after surgery if the vision has returned to the preoperative level.
- No swimming or hot tub use for 2 weeks after surgery.

***Call the office if you have any severe pain, excessive bleeding or vision loss.

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