



# MITESH KAPADIA, MD, PhD

## OPHTHALMIC PLASTIC SURGERY

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### Post-Operative Instructions

#### I. **Wound Care**

Apply ice or a cold pack (most patients prefer a bag of frozen peas) to the area of surgery for the first 24 hours after surgery. This is essential for reducing the amount of swelling and bruising. After the first 24 hours have passed, you may apply a warm compress for 15-20 minutes three times a day for as many days as you feel necessary. The warm compresses are solely for comfort and are optional. It is normal to have mild bleeding and drainage from the incisions for the first couple of days.

Apply the ointment given to you to the sutures four times per day for 1 week (you may experience blurriness if the ointment gets into the eyes-this is ok). This provides comfort to the incision while it heals. If you develop itching and increasing redness, please discontinue the ointment as this may be a sign of an allergic reaction.

Your bruising and swelling will peak (look its worst) within the first 24 to 48 hours after surgery.

#### II. **General Postoperative Instructions**

If you were given a prescription for antibiotics, take them as directed until all the pills are gone. If you develop a rash, itching, hives, difficulty breathing, and/or feel that you may be having a reaction to the pills for any other reason, do not take any more and contact Dr. Kapadia immediately.

For the first 24 to 48 hours after surgery sleep with your head elevated (on at least 2 pillows) or upright in a chair. This will help decrease the swelling.

You may shower and wash your hair the day after surgery. The sutures may get wet but avoid direct impact of water to the surgical site. When drying the eye area, blot dry rather than rubbing.

Do not exert yourself for the first 5 days following surgery. This includes bending over, lifting heavy objects, exercising, working out and other activities requiring exertion. You may read, watch television, work on the computer, run errands, and perform other routine activities that do not require exertion.

Sutures should be fully dissolved within 30 days after surgery. It is normal for one eye to heal more quickly than the other. It is also normal for the incisions to look pink, lumpy and bumpy. Warm compresses (with a clean warm washcloth) will help the sutures to dissolve.

If you have pain, take Tylenol, Extra-Strength Tylenol, or Tylenol with Codeine. If this does not relieve the pain, call Dr. Kapadia. **DO NOT TAKE ASPIRIN, MOTRIN, ADVIL, EXCEDRIN, OR ANY OTHER PAIN KILLER WITHOUT SPECIFIC PERMISSION TO DO SO** (these may cause additional bruising).

You may resume all aspirin products, Vitamin E and multivitamins the day after surgery. You may wear contact lenses as soon as you feel comfortable inserting them. Do not wear dark makeup (e.g. mascara or eyeliner) for 14 days after surgery. This may pigment the incision. You may wear cover-up makeup the following day, if needed. (Some patients prefer Dermablend cover-up makeup (for dark bruises), which is available at Macys.)

If you have severe pain, if your wound site becomes increasingly red and painful, begins heavily bleeding or develops a greenish discharge, or if you develop fever or any other concern about your condition, call Dr. Dr. Kapadia immediately. He may be reached 24 hours per day Daytime: 978-393-5437, Evenings: 617-636-5114 and ask to have Dr. Dr. Kapadia paged. In addition, there is a physician on call at the Tufts Medical Center 24 hours per day. **PLEASE DO NOT HESITATE TO CALL IF YOU ARE HAVING A PROBLEM!!!**