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Fellow, American Society of Ophthalmic Plastic & Reconstructive Surgery
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After Surgery Instructions

Please follow these instructions after your surgery.

1. Call our office to schedule a follow-up appointment.
2. Do not participate in strenuous activity for one week after your surgery. Do not do any heavy lifting during this time period. Light activity (ie.walking) is okay.
3. In most cases, your sutures will dissolve on their own. If not, we will have you return to our office in seven to ten days to have them removed.
4. Nausea is very common after having general anesthesia. We recommend you eat a light meal after surgery. Foods that are easily digested (soup, pasta, crackers) are suggested. If you have severe nausea, please call the office and we will prescribe anti-nausea medication.
5. If you have a patch or dressing, please do not remove it for **twenty-four hours**. If you are having significant pain or discomfort from your patch, please call Dr. Pelton. While you have your patch on, you may shower or bathe from the neck down. Do not let the patch get wet.
6. You may shower or bathe as usual, if you have no patch. Be careful to avoid vigorously rubbing your sutures.
7. Please keep your head elevated with extra pillows or sleep in a recliner for two to three days after your surgery. Sit up as much as possible while you are awake. This will reduce your swelling and bruising.
8. It is normal to have some bleeding the day of your surgery. Apply pressure to your wound with gauze or Kleenex. If the bleeding does not stop after applying pressure, please call Dr. Pelton. It is also normal to be more bruised and more swollen the second and third days after your surgery. Do not be alarmed. Use the compress instructions below to minimize this bruising and swelling.
9. Apply cool compress to your wound for 48 hours (ONLY 2 days) after your surgery. After the first two days, you will use warm compress on your wounds. Continue using the warm compresses until ALL of your swelling and bruising is gone.

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Cosmetic and Reconstructive
Surgery of the Eyelids,
Orbit and Lacrimal System

Please follow these instructions to make compresses:

Cool compress: Wrap a damp wash cloth around a bag of ice or a package of frozen peas. Place this on your wound for 10-15 minutes. Do this 8-10 times per day the first two days after your surgery.

Warm compress: Warm a damp wash cloth in the microwave for 30-60 seconds. Check to make sure the cloth is not too hot before placing on your wound. Apply the warm compress to your wound until the wash cloth is cool. Do this as many times a day as you can until your swelling and bruising is gone.

10. Your medications may include:

- Antibiotic ointment: Apply to wound (sutures) 2-3 times a day for ten days. The ointment should be applied to all of the sutures, whether on the skin or in the eye. Use only a thin ribbon of ointment.
- Pain medication: use as directed
- Antibiotic pill: use as directed
- Anti-nausea pill: use as directed
- Steroid pill: use as directed

You might not be prescribed all of the above medications depending on what type of surgery you had. If you have questions regarding your medications, please ask your pharmacist or call Dr. Pelton.

If you have any questions or concerns, please call Dr. Pelton. You should be able to reach him or his physician assistant, Kristen Padilla, 24 hours a day.

Office: 329-0040

Kristen cell: 359-6196

Pager: 328-8023

Cell: 332-7471

Home: 576-6655