



POST-OPERATIVE INSTRUCTIONS

Dr. Nicole Langelier

Caring for my patients gives me great satisfaction and I thank you for trusting me with your medical care. I hope this packet provides you with helpful information as you heal from your surgery.

Post-operative instructions are in **bold font**. I think it is important for my patients to understand why each instruction is important. The explanation for each instruction follows in lighter print.

LID LIFT GOGGLES

OR

COLD ICE COMPRESS

Wear Lid Lift Goggles for 80% of the day while you are awake for 2 days (48 hrs) after surgery.

vs.

Apply gentle ice packs to the surgical area for 20 minutes out of every hour for the first 48 hrs while you are awake.

You cannot see through the goggles. Take them off before walking, eating, or using the bathroom. The goggles should be adjusted firmly enough that they don't slip off, but they do not need to be tight. The goggles should be comfortable. If they cause pain, please remove them.

Ice helps with pain, decreases swelling, and reduces bruising. Ice does not help as much after 48 hours. Do not put ice cubes directly on your skin. Put green peas in a ziplock bag. Put gauze, a paper towel, or thin cloth between your eyelids and the bag of peas.

If you had lower eyelid resurfacing:

- Do a cold ice compress for 20 minutes every time you take off the goggles (at least 5x/day).
- Do the vinegar-distilled water washes every time you take off the goggles (at least 5x/day).

Wear the Lid Lift Goggles every night at bedtime for a full two weeks after surgery.

vs.

Wear the eye shield(s) every night at bedtime for a full two weeks after surgery.

• The surgical wounds are fragile for 2 weeks after surgery. Accidentally rubbing them during sleep is the most common way a wound will accidentally split open after surgery (see the "Common Questions" section for what to do if you think your wound has opened).

THE LID LIFT GOGGLES MUST BE PURCHASED AT THE AESTHETIC CENTER. GOGGLES ARE NOT AVAILABLE FOR PURCHASE AT THE SURGERY CENTER.

 **DO NOT SLEEP WITH PETS FOR THE FIRST WEEK AFTER SURGERY. THE RISK OF INFECTION INCREASES WHEN SLEEPING WITH PETS.**

Sleep on your back with your head elevated above your heart for 1 week after surgery.

- Keeping your head elevated will reduce swelling after surgery.
- The easiest way to do this is simply with an extra pillow. It is common for wounds to ooze the first few days, so you may want to cover your pillow with an old towel. You may also choose to sleep in a recliner chair, if you have one.
- If you cannot do this because of back or breathing problems, that is ok, but you will notice more swelling in the morning. If your head rolls to the side when you sleep, the side facing downward will have more swelling due to gravity.

Do not bend over, lift things heavier than a gallon of milk, exercise, or do anything physically strenuous for 1 week.

- A sudden increase in blood pressure is the #1 reason to have substantial bleeding after surgery. While rare, bleeding behind the eye after surgery can cause permanent vision loss. Avoiding these activities will help prevent this complication.
- Wear slip on shoes (don't bend over to pull up socks or tie shoes). Have someone help you with the dishes and laundry if you have to bend over to do them. If you have a dog, avoid bending to clean up after him or her.
- No exercise, yoga, or brisk walking for 1 week. Short slow walks to move your legs are ok.
- You may resume regular activities and your regular exercise routine on Day 8 after surgery.

Avoid getting shower water or tap water on your wounds for 7 days.

- This is important for preventing infection.
- You may wash your hair with distilled water (available at drug stores and grocery stores). You may also wash your hair in the shower if you can tip your head back and let the water run down the back of your head rather than down your face. Some women choose to have their hair washed at a salon or use Dry Shampoo.
- After 1 week, you can shower normally, but do not rub your eyelids, forehead, or cheek because the wounds are still healing. Gently pat dry the area. Rubbing the wounds after showering is the second most common way a wound will accidentally open after surgery.

Avoid hot tubs, saunas, ocean/lake water and swimming pools for 2 weeks.

- This is important to prevent infection. Soaking the incisions weakens them in the first 2 weeks.

Do not smoke for at least 14 days after surgery.

- Smoking decreases blood flow to the wounds and delays healing. If your surgery included Mohs reconstruction, smoking can cause the reconstruction to completely fail.
- Of course, quitting smoking is the best for your health! There's no time like now.

No driving for at least 48 hours after surgery. No driving if you are in pain, if your vision is blurry, or if you are taking narcotic pain medication.

DIET

You may eat immediately after surgery. Start with a gentle diet.

- Lingering effects of your anesthesia can lead to an upset stomach. Plain crackers or toast with a carbonated beverage like Sprite is a good place to start. Avoid greasy and heavy foods.
- If you are a daily coffee drinker, consider having a cup of coffee or caffeinated beverage to prevent a caffeine withdrawal headache.

Avoid drinking alcohol for 1 week after surgery.

- Alcohol will delay healing, worsen swelling/bruising, and increase the risk of bleeding.

Avoid salty, starchy and processed foods for 2 weeks after surgery.

- Salty and starchy foods increase swelling, which makes healing take longer.

MEDICATIONS

Bring ALL MEDICATIONS you take with you to the day of surgery. (Including any prescribed by our office)

Resume all oral medications after surgery unless instructed otherwise.

- Resume your prescribed blood thinning medication(s) the day after surgery unless instructed otherwise by Dr. Langelier.
- If you take aspirin, fish oil, flax oil, omega-3s, or vitamin E for your general health (not prescribed by a physician), wait 1 week before restarting to prevent bleeding and worsening bruising.

Use the antibiotic ointment on your stitches or wounds 4 times per day for 7 days.

- Apply the ointment with a clean fingertip or a Q-tip.
- The ointment will not hurt your eye if it gets in the eye, but it will make the vision blurry because

it is greasy. Do not apply the ointment right before driving as it might blur the vision.

- Do not trim the stitches.

Use preservative-free artificial tears at least 4 times a day for 1 week to prevent dry eye.

If you were prescribed antibiotic eye drops, please take them as prescribed.

If you were prescribed oral antibiotics, please take them as prescribed.

If you were prescribed oral steroids, please take them as prescribed.

Do not take NSAID pain relievers for 7 days after surgery as they can increase the risk of bleeding. NSAID medications include ibuprofen, Advil, naproxen, Aleve.

If you have pain, take Extra Strength Tylenol (500mg) as instructed on the bottle.

- It is normal to have some discomfort after surgery. The pain should improve on a daily basis.
- You may take up to 1000mg of Tylenol (acetaminophen) every 8 hours for the first 3 days if needed. Do not exceed 6 pills (3,000mg total) per day.
- If you still need the Tylenol after day 3, decrease the dosage to 500mg every 6-8 hours as needed.
- Do not take Tylenol if you have liver disease. Do not take Tylenol while drinking alcohol.

PLEASE CALL DR. LANGELIER'S OFFICE IF YOU EXPERIENCE:

Decrease in vision or double vision.

Uncontrolled bleeding that will not stop with gentle pressure.

Pain or nausea that is not controlled with medication.

Signs of infection including redness, pus-like discharge, warmth and pain.

Fever greater than 100F.

Any other concerns.

Day time phone: 804.287.4229 (Monday – Friday 8a-5p)

After-hours phone: 804.257.5116 (Nights, holidays and weekends)

Patient Signature

Date

You can watch a video of Dr. Langelier discussing her post-operative instructions on YouTube.

- ***Go to YouTube and search for “Dr. Nicole Langelier”***
- ***You can access the video directly <https://www.youtube.com/watch?v=ZqbRAnR89dU&t=6s>***