

EYELID SURGERY

DOCTOR GERUT'S POSTOPERATIVE INSTRUCTIONS

No smoking, sex, lifting, bending over, straining, exercise etc. for two weeks after surgery. Keep your head elevated above the level of your chest to minimize swelling. Smoking will cause poor healing. Your eyes will remain irritated for weeks or even months after surgery if you smoke. Second hand smoke is also damaging.

If constipation or cough develops, ("pushing" and coughing cause more blood flow to the face and thus increases swelling) please use appropriate medications or call us for advice.

Please take the medications that Dr. Gerut indicates with a check mark. Only the medication that are checked off will be given to you. **If you are allergic to any of these medications, please let us know!** Please take all pills with a bit of food to avoid nausea. When you fill your prescriptions, the bottles will be labeled **only** with the medical names for your pills and for your reference, these names are in parentheses below.

Antibiotic:

- ☐ **Keflex** (Cephalexin) – 500mg (1 pill) 2 times a day or if allergic to Penicillin,
- ☐ **Vibramycin** (Doxycycline) - 100mg 2 times a day

Pain:

- ☐ **Norco** (hydrocodone bitartrate and acetaminophen)- - 1-2 pills every three to four hours as needed. If you have pain on one side only or severe pain on both sides you must call Dr. Gerut immediately. You will stop using the Maxitrol and start using:
- ☐ **Bacitracin Ophthalmic Ointment** – Use first two or three nights before sleep. If you have pain, apply every 4 hrs and cover eye with patch

Nausea:

- ☐ **Compazine** (Prochlorperazine)) Use one if needed. Never use more than 2 in 24 hours. If nausea returns, and you weigh less than 160 pounds, call the office before using a second suppository.

Constipation:

- ☐ **Ex-Lax** (or any other mild laxative as needed).

Multi-Vitamin:

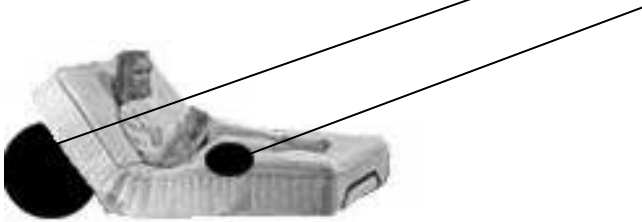
- ☐ 1 daily; and **Vitamin C** -take two or more 500mg tablets daily

Eye drops:

- ☐ **Maxitrol**- 2 drops into each eye three times a day: morning, noon, and night. Place drops into eyes **WITHOUT PULLING EYELIDS**. The easiest way is to tilt your head all the way back, put the drops into the inner corner of the eyes next to the nose and blink a few times to disperse the drops.
- ☐ **Maxitrol Ointment**- into eyes **WITHOUT PULLING ON EYELIDS**, every night before sleep after the first week only.
- ☐ **Celluvisk eye drops**- every night before sleep (after the first week)
- ☐ **Artificial Tears**- (Murine or Hypotears) - as much as you feel necessary. **Do not use Visine or any drops that "gets the red out"**. Use Duratears or Artificial tears at ANY time for irritation (slight irritation or redness of eyes may come and go for months after surgery depending on weather conditions, air humidity, etc.).

Ice cold water or saline (contact lens solution) compresses onto the eyes. Apply compresses as often as possible during the day, to be re-dipped every 10 to 15 minutes for the first two or three days- more if you feel it helps. You may see some bloody fluid on the compresses. Please understand- **YOU ARE NOT BLEEDING**. This fluid usually comes out after surgery. If you wish, place a bag of frozen peas **on top of your compresses** to keep them cold.

For the first several days after surgery, you **must** sleep with your head elevated. A “craft-matic” type bed or reclining chair are best. If these are impossible- put a **big couch cushion** under the top part of your mattress. This will keep your head elevated adequately. Also place a **pillow under your knees** to keep from slipping downward.



If you have had your LOWER eyelids done: Starting 4 days after surgery **YOU MUST MASSAGE YOUR LOWER EYELIDS** upward as instructed and shown to you by Dr. Gerut. This is very important to avoid drooping of your lower lids due to scar formation under your skin. You will begin this after 5-7 days.

Sunglasses should be worn outdoors at all times. Do not expose your incisions to prolonged direct sunlight for **THREE MONTHS** after surgery. Do not sun-bathe without make-up or sun block or sunglasses for six months.

Expect to be constipated after surgery due to the anesthesia and medications. This will subside with time.

Do not apply any treatment or cream to the eyes unless approved by Dr. Gerut.

No turtlenecks (or other garments that may pull stitches) for two weeks. No contact lenses until further notice.

Do not cut or pull any visible stitches on or around the eyes. There will be small tapes holding the stitches in place. They might look like little “threads or hairs.” **Do not** touch them. All stitches will be removed within a week after surgery.

No aspirin, Buffrin, APC, Fiorinal, Alka Seltzer, Ecotrin, Excedrin, Anacin, Vitamin E or any other medication not directed by DR. Gerut. Regarding Advil or Motrin, check with Dr. Gerut or his office staff.

Acidophilus, Diflucan or Monistat 7 to avoid or treat yeast infection from antibiotics.

Face and hair can be washed 24 hours after surgery. **WASH GENTLY, KEEP SOAP AND SHAMPOO OUT OF EYES.** Your eyes will not shut tightly for a while after surgery, so keep soap away from the area.

Any new pain, lumps, acute discomfort, severe swelling should be reported to Dr. Gerut immediately. For **emergencies only, call 516-295-2100, ANYTIME DAY OR NIGHT. After the office is closed, please call Dr. Gerut’s service at (516) 620-3619.**

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Please arrange for a few pictures of your eyes to be texted or emailed to Dr. Gerut the night after your surgery and the next morning. (email to: DrGerut@DrGerut.com)

The following problems and/or complications can occur (there are others not listed here):

Upper eyelid surgery:

Scarring	Bleeding/ Hematoma	Blurriness
Numbness	Nerve damage	Infection
Newly noticeable lines	Need for additional surgery	Wrinkling of skin
Inability to close eyes	Change in facial expression	Lowering of eyebrows
Change in shape of eye	Change in eyeglass prescription	Pimples around the scars
Asymmetry	Eyelid shape change	Paresthesias/ Dysesthesias
Pain	Numbness/pain of forehead	Excess bruising and swelling
Corneal abrasion	Ptosis	

Lower eyelid surgery- all the above AND:

Ectropion (drooping of lower eyelids)
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Hollowness under eye

It may be necessary for you to communicate with Dr. Gerut by text or email before or after your surgery. This communication may involve sending information about or photographs of yourself over the Internet from which you may or may not be identifiable. By your initials here you acknowledge and accept this potential breach of your privacy. X_____

If for any reasons, revisional surgery is required, there may be a surgical fee but even if there is no surgical fee, **THERE WILL BE A STANDARD FEE FOR THE OPERATING ROOM AND THE ANESTHESIA.**

No Aspirin, Bufferin, APC, Fiorinal, Alka Seltzer, Ecotrin, Excedrin, Anacin, Vitamin E or any other medication not directed by Dr. Gerut for **ONE WEEK AFTER SURGERY**. Regarding Advil or Motrin, check with Dr. Gerut or his office staff. During the time that you are taking a narcotic pain reliever, you are to avoid driving or operating heavy machinery. Dizziness or severe drowsiness can cause falls or other accidents.

I have read the above instructions (3 pages total) and possible problems fully, all my questions have been answered and I understand and accept the instructions and possible problems fully.

Patient signature

Date

Zachary E. Gerut, M.D., F.A.C.S., P.C.
Diplomat, American Board of Plastic Surgery
Member, American Society of Plastic Surgeons
Member, American Society for Aesthetic Plastic Surgery
Assistant Clinical Professor of Plastic Surgery, Albert Einstein Med Ctr. (ret)
Medical Director or Research, Touro University Physician Assistant School
Fellow of the American College of Surgeons

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