

TRANSCONJUNCTIVAL LOWER EYELID SURGERY

DOCTOR GERUT'S POSTOPERATIVE INSTRUCTIONS

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

If constipation or cough develops, ("pushing" and coughing cause more blood flow to the face and thus increase swelling) please use appropriate medications or call Dr. Gerut.

Please take the medications that Dr. Gerut indicates with a check mark. Any medication not checked off may be taken if necessary. **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.

Pain:

- ☐ **Norco** - (hydrocodone bitartrate and acetaminophen) -1 pill every four hours as needed.

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) - use it whether you think you will need it or not.

Multi-Vitamin:

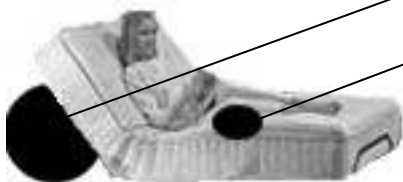
- ☐ 1 daily; and **Vitamin C** -take two or more 500mg tablets daily

Eye drops:

- ☐ **Maxitrol**- 2 drops into each eye three times a day: morning, noon, and night. Place drops into eyes without pulling eyelids. Best to tilt your head all the way back, put the drops into the inner corner of the eyes and blink a few times to disperse the drops.
- ☐ **Celluvisc eye drops**- into eyes just before sleep (after the first week only if needed)
- ☐ **Artificial Tears**- (Murine or Hypotears)- as much as you feel necessary. **Do not use Visine or any drops that "gets the red out".**

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.

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.



YOU MUST MASSAGE YOUR LOWER EYELIDS upward every few hours as instructed and shown to you by Dr. Gerut or staff. This is extremely important to avoid drooping of your lower lids due to scar formation under your skin. You will start a few days after surgery and continue until we inform you that it is safe to stop.

Sunglasses should be worn at all times for the first week. Do not expose your lower eyelids to prolonged direct sunlight for **THREE MONTHS** after surgery. Do not sunbathe without make-up or sunblock for three months.

Expect to be constipated after surgery due to the effects of anesthesia. This will subside with time.

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

No contact lenses until further notice.

No aspirin, Buffrin, APC, Fiorinal, Alka Seltzer, Ecotrin, Excedrin, Anacin, Vitamin E or any other medication not directed by Dr. Gerut, for one week after surgery. For Advil or Motrin, check with Dr. Gerut or his staff.

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 pain, acute discomfort, severe swelling, should be reported to Dr. Gerut immediately. For emergencies, call 516-295-2100 anytime day or night. After office hours, please call Dr. Gerut’s service at **516-620-3619.**

Call the office at your earliest convenience to schedule your first postoperative appointment.

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

Scarring	Bleeding	Blurriness	Infection	Newly noticeable lines
Asymmetry	Paresthesias	Pain	Dysesthesias	Hematoma
Ectropion	Numbness	Scarring	Bruising and swelling	Change in shape of eye
Inability to close eyes		Wrinkling of lower eyelid skin		Change in facial expression
Change in eyeglass prescription		Hollowness under the eyes		Need for revision surgery

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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_____

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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.

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.

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)

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

Patient signature

Date

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