



L V Prasad Eye Institute

(Founded & Managed by Hyderabad Eye Institute)

Kallam Anji Reddy Campus, L V Prasad Marg,

Banjara Hills, Hyderabad - 500 034, INDIA. Phone: 040-3061 2345

OPHTHALMIC PLASTIC SURGERY: POST-OP INSTRUCTION SHEET

Patient Name:	MR Number:
Surgery:	Date of Surgery:
EMERGENCY CONTACT:	

Hello!

You have successfully undergone the above mentioned surgery, and your eye needs some rest and medications during the recovery phase! Here are some common Dos and Don'ts that you need to follow:

POST-OPERATIVE INSTRUCTIONS:

Medications: You would be prescribed either tablets, or drops, or both. Most medications are available in the Pharmacy on Ground level of the campus. Take your other medications (for hypertension, diabetes etc) as per physician advice. Do not discontinue the medicines without our knowledge.

- **Bath:** Shoulder bath can be taken daily. For the face, gentle cleaning with soap, and mopping with a towel is advisable. You may also have an overhead bath without vigorous rubbing of the operated area. Take care not to allow soap/water inside your eye.
- **Diet:** There is no diet restriction for you. You can have your usual diet. (If a procedure has been performed within your mouth, you may be asked to take liquid diet for a week)
- **Indoor activities:** You can read, write, watch TV, or use your computer as long as you are comfortable. Climbing or getting down the stairs is allowed. Cooking can be avoided for a week.
- **Outdoor activities:** Avoid driving a vehicle for 3 weeks. Use a protective goggles (or your own glasses) when outdoors.
- **Exercise:** Avoid gym, jogging, and brisk walking for 2 weeks. Regular walk, and indoor movement, toilet activities etc can continue.

- **Care when outdoors:** You can use your regular goggles, or buy a driving goggles that would protect your eye from all sides. Avoid direct blow of air onto your eye. Carry your drops/tablets with you if you are going to be outdoors for several hours.
- **Sleep:** If one eye is operated, avoid sleeping on that side for two weeks. If both are operated, sleep on your back. Use the plastic shield to protect the eye during sleep.
- **Oozing/Bleeding:** Some amount of oozing/blood-mixed tears can be expected after your surgery. If any procedure has been done involving your nose, you may expect a drop of blood from the nose. DO not panic, and gently clean it off. If severe and continuous bleeding occurs, apply gentle pressure with any clean cloth at home for 5 minutes.
- **Swelling:** It is common for the eyelids to swell after surgery. Sometimes, the opposite eyelids also swell in response. Do not worry. The swelling usually increases for a Day or two, and then begins to reduce. Do not get alarmed by the swelling.

WOUND CLEANING INSTRUCTIONS:

If your surgery involves stitches on the skin, you will be shown how to clean it. Here are a few tips for you to remember:

- The person who will clean the wound should wash hands with soap and water.
- Take a Johnson bud, dip it wet in the Betadine (5%) solution, and clean the stitches with the wet tip with moderate pressure. Make gentle strokes, and allow the brown Betadine solution to dry over it.
- Usually lashes get stuck overnight, making eye opening difficult especially in the morning. Use the same technique to clean the lashes.
- Expect some burning sensation during cleaning. After 5 minutes, use the bud to apply a rice-grain amount of the antibiotic ointment (if prescribed).

EMERGENCY CONTACT:

You need to call us if any of the following occurs:

- **Continuous non-stop bleeding from the surgery site**
- **Severe pain/ Vomiting / Fever**
- **Sudden decrease in vision**

In case of any of these emergencies, kindly contact your Eye Doctor as specified above. You can also report to the 24x7 Emergency services of LV Prasad Eye Institute, Road 2, Banjara Hills and seek help in urgent matters.