



Dr. Michael Ashenhurst & Dr. Vivian Hill

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- Take it easy, you just had surgery! Straining over the next 7 days increases the chances of bruising, bleeding, and popping sutures. Avoid bending below the waist or lifting anything over 10 pounds.
- You may begin icing now. Use ice water in a bowl or cold gel packs for 10 minutes every ½ hour or so today, and every hour tomorrow. This decreases swelling. You may change to warm compresses for 10 minutes, 3-4 times per day in a few days once the initial swelling has resolved. This improves circulation.
- You may wish to use an extra pillow or sleep in an easy chair for the first night or two.
- Be sure to place an old towel over your pillow to prevent staining. It is normal for the wounds to leak over the first night or two.
- Avoid swimming or hot tubs for 2 weeks, or until any stitches and crusting are gone.

A follow up will have been scheduled for you if necessary at our office on 17<sup>th</sup> AVE SW. Sometimes follow up can be done with your referring doctor if you are from out of town.

If you haven't received a follow up, expect a call from our office to schedule one in the next couple of days.

- Any sutures should be kept lubricated with Ciloxan ointment three or four times a day. Ciloxan is used for at least two weeks, but can be used for longer.
- You may use a cleanser, such as Baby shampoo or **SensiCalm** gentle cleanser by Alumier (for sale at our office), after 48 hours to keep your sutures clean. Mix the cleanser with warm water and use a clean face cloth to gently wash away any crusting on or around the suture line twice daily.
- A scar reduction agent can be used on any skin incisions to reduce scarring after one week. Apply twice daily for three to four weeks. You need only apply a thin layer. We recommend a silicone-based gel such as Dermatrix or Vitamin E ointment from the pharmacy. Dr. Ashenhurst says either will be acceptable. We also sell a scar reduction gel out of our office if you would like to purchase it.
- Any surgery involving the inner lining of the lid (the conjunctiva), requires Tobradex drops three times a day for two weeks. Surgeries involving the conjunctiva can include; MOHS repairs, ectropion and entropion repairs, eyelid lengthenings, and transconjunctival blepharoplasties.
- You can resume wearing contact lenses 48 hours following your surgery. Please avoid pulling on your eyelids when putting in your contacts.

### **What is normal after surgery?**

- Some bleeding and oozing are expected for the first day or two.
- Bruising, redness, and swelling often last two weeks or more and are a normal reaction to the sutures.
- Small bumps and crusting around the sutures are common.
- Some sutures may come out in a few days and this is not a problem if the wound remains closed.
- Most people's lids still look puffy, uneven, and bruised for at least a week or two after the surgery. Don't panic! Completion of the healing process can take months and there will be ongoing improvement.
- The incisions may get itchy, lumpy, or red for a time as they heal. This is normal!
- Numbness in the eyelash area is common for a month or so after surgery.

### What is NOT normal after surgery?

- Uncontrolled swelling, bruising, pain, or loss of vision are medical emergencies. If this happens, contact your surgeon. During office hours, call (403) 245 3171.

You may also go to the nearest emergency department or contact the ophthalmologist on call through the hospital switchboard. Please try calling Dr. Ashenhurst before going to the hospital.

- Excessive bleeding is rare. If you should experience excessive bleeding, apply pressure on the wound with ice packs. Lie quietly with your head elevated. Contact us if the bleeding is uncontrolled.
- Loss of stitches and opening of the wound is not an emergency, but should be addressed within a day or two. Please call the office and we will arrange for you to be seen as soon as possible. Often the wound can be closed with tape or re-sutured without affecting the final scar.
- Yellow, green, or foul smelling pus draining from the incision is not normal. Please advise us ASAP.
- Please advise us of any unforeseen hospital admissions that occur within 10 days of surgery.