



CALIFORNIA ORBITAL CONSULTANTS

Postoperative Home Instructions for Dr. Madhu Agarwal's Patients

1. Apply antibiotic ointment to external eyelid stitches, if advised by the doctor.
2. Apply antibiotic eye ointment to your eye if you have had surgery on your eyeball (i.e. eye muscle surgery).
3. Ointment may be used once per day before bedtime.
4. Dark glasses may be used if desired but are not necessary.
5. Use ice packs as much as possible for at least 1 week (i.e. bags of frozen peas), if advised by the doctor.
6. It is best to not touch eyes or eyelids. Gently touching of the face may be done without touching eyes.
7. Sleep in an upright position at 45 degrees on multiple pillows for 1 week.
8. Careful bathing is permissible. Take special precautions to avoid slipping and/or falling.
9. Absolutely NO heaving lifting, straining, or bending for 2 weeks.
10. Reading or watching TV are reasonable activities.
11. Careful walking out of doors with a companion is permissible.
12. Do not resume blood thinning medications until 1 week after surgery, if your primary doctor agrees.
13. Stitches will start to dissolve in 1 to 2 weeks.
14. Not uncommon to have small amounts of bleeding, approximately 1 tablespoon.
15. Use moist towel and apply gentle pressure to stop bleeding.
16. Ok to take 1 to 2 Tylenol tablets every 4 to 6 hours for the first 48 hours in case of pain. It is also reasonable to alternate with Advil every 2 hours if desired. For example, Tylenol at 10am, Advil at noon, then Tylenol at 2 pm.

Initial: _____



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What to expect during the postoperative period and should not cause alarm:

- Tearing/bloody tearing
- Mild pain
- A scratching sensation
- Mild, blurry vision
- Bruising
- Swelling
- Some discharge or seeping

Please call the office or go to the Emergency Room if you experience sudden vision loss, significant increase in discomfort, increased pain or increase in swelling. Phone number: 949-441-5058

Office Address:

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Please sign to verify these instructions were read and explained to you

X

Date:
