Eyelid, Lacrimal, or Orbital Surgery

Before Surgery

1. Do not take aspirin for one week before surgery unless you have been instructed that you should continue taking aspirin due to a medical condition. Ibuprofen, naproxen, Motrin®, Nuprin®, Aleve® and other non-steroidal anti-inflammatory drugs should be stopped for one week before surgery. These medicines increase the risk of bleeding at the time of surgery.

2. Arrange to have someone drive you to and from the hospital.

3. If you have any questions, please call your doctor.

4. Read and follow all instructions carefully.

After Surgery

Activity

1. You must rest quietly for 24 to 48 hours. Too much activity may cause bleeding. Be sure to avoid bending, lifting, or straining for one week. Avoid intense exercise for at least two weeks. After that, exercise may be gradually increased.

2. For the first 48 hours, do not drive a car or engage in activities that depend on your coordination. Medicines and anesthetic agents may affect your judgment and ability to stay alert.

3. You may shower and shampoo in 48 hours. Gently blot your face dry, avoid rubbing.
4. If you must blow your nose in the first 7 days after tear duct surgery, please do it very gently.

5. If you need to sneeze, please sneeze with your mouth open.

Diet

Start with clear liquids. Add more food to your diet as you feel ready. Hot drinks should be avoided for 48 hours after tear duct surgery.

Swelling

1. Swelling should be expected. To help make the swelling less, use cold, wet compresses. Use compresses as often as possible the first 2 days.
   o To make a cold compress, place ice cubes into a bowl and add a quart of water. Soak a washcloth in the ice water, wring about half of the water out, fold washcloth in half, and gently place it on your eyelids. Repeat the process when the washcloth becomes warm.

2. Sleep with 2-3 pillows under your head. Keep your head up to help to reduce the swelling.

Bleeding

You can expect a small amount of bleeding. A little bleeding from the nose is common after tear duct surgery. In most cases the bleeding will be controlled using cold, wet compresses. Keeping your head up with extra pillows when you lie down also reduces bleeding. *Call your doctor if bleeding increases.*

Discoloration

Bruising or a change in the color of the skin, will take 2 to 3 weeks to clear. Using cold compresses for the first 36 to 48 hours will help to reduce it. After 48 hours, you may use warm compresses to make the bruising less.
**Discomfort**

If you have pain, take Tylenol® as instructed on the package. If needed, a stronger medicine will be prescribed for you. This, along with the cold compresses, should keep you comfortable. **Call your doctor if the pain is not relieved by medicines.**

**Medicines**

You will be asked to use ointment on the stitches two to three times a day for at least one to two weeks. The ointment may be put on with a Q-Tip® or with your finger after your hands are washed. Continue your regular medicines and eye drops, unless told to do otherwise.

**Stitches**

Your stitches may absorb. To absorb, they must be kept moist with ointment. Non-absorbable stitches will be removed in the clinic in 1-2 weeks.

**Phone Numbers**

University Station Eye Clinic, 8 a.m. to 4:30 p.m., Monday through Friday  
(608) 263-7171

When the clinic is closed, your call will be forwarded to the hospital paging operator. Ask for the “Eye Resident on Call”. Give the operator your name and phone number with area code. The doctor will call you back.

If you live out of the area, call **1-800-323-8942** and ask to be transferred to the above number.

Please call if you have any questions or concerns.

The Spanish version of this *Health Facts for You* is #6528

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 1/2016 University of Wisconsin Hospitals and Clinics Authority. All Rights Reserved. Produced by the Department of Nursing. HF#4203