

## POST OPERATIVE CARE

### CICATRICAL ECTROPION REPAIR

**PLEASE READ THESE INSTRUCTIONS IN THEIR ENTIRETY**

You have undergone CICATRICAL ECTROPION REPAIR surgery. The lower eyelid was augmented with a skin graft and tightened for improved function and position. Sutures were placed. They are delicate and should NOT be trimmed, rubbed, touched, or cleaned.

After your surgery, we will call you to schedule your post op appointment.

**Please do the following until your post op appointment:**

#### APPLY OINTMENT TO SUTURES



- Gently moisten the incisions with the ointment. Ointment will not harm your eye but may blur your vision temporarily.
- If you typically use eye drops, continue using them.
- If experiencing dry eye, use artificial tears.

#### APPLY ICE PACK ONLY TO THE SITE THE SKIN GRAFT WAS TAKEN FROM



- **Do not** apply ice to the site the graft was placed. **If in doubt, do not use ice**
- Packaged frozen peas work well.
- Use for 20 minutes each hour for the first 24 hours after surgery while awake or as much as tolerated.
- After 24 hours, use 4-5 times per day. Stop once swelling resolves.

#### YOU MAY SHOWER



- However, do not soak the incisions. Please face away from the shower head and clean your face with a warm, damp cloth.

#### SLEEP WITH HEAD ELEVATED



- Elevate your head on pillows or sleep in a reclining chair for 24-48 hours to help resolve swelling faster.

### OTHER

-  - No eye makeup.
-  - Avoid contact lens use for 2 weeks. Glasses may be worn.
-  - Resume blood thinners (including aspirin) two (2) DAYS after surgery.

**Important: unknown allergies** to antibiotic ointment can occur. Signs include intense irritation, puffy redness, itchiness, or severe pain. Stop the ointment immediately and text or call the office. If possible, please photograph, or have someone photograph, the reaction to text to the doctor for review.

## CICATRICIAL ECTROPION REPAIR

### You may experience the following:

1. BRUISING AND SWELLING IS EXPECTED. Your eyelids will swell. Swelling can remain for 1 – 2 weeks.
2. DIFFERENCES OF BRUISING AND SWELLING BETWEEN SIDES IS NORMAL, even if the identical surgery was performed on each side.
3. BLURRED VISION IS NORMAL. Blurred vision is typically caused by ointment in the eyes or dryness of the eyes. Dryness can be treated with artificial tears.
4. REDNESS AND CRUSTING OF THE INCISIONS IS EXPECTED. This is normal healing.
5. MILD PAIN OR SORENESS IS EXPECTED. Take pain medications AS NEEDED. Begin with Tylenol (Acetaminophen). AVOID ASPIRIN OR IBUPROFEN.
6. MILD BLEEDING FROM INCISIONS IS COMMON. Treat with gentle pressure of a clean gauze for 10 minutes. HIGH BLOOD PRESSURE can worsen bleeding. Be sure to take your normal blood pressure medicine(s) as directed.

### The following are NOT normal. PLEASE CALL if you are experiencing:

1. SEVERE PAIN not controlled with routine pain meds
2. THICK GREEN PUS or SIGNIFICANT DISCHARGE from the incision
3. THE EYE CLOSING ENTIRELY from swelling or bruising
4. SIGNIFICANT VISION LOSS (worse than blurred vision from ointment or dryness)
5. SEPARATION OR GAPING of the incision edges

<i>Who to Text or Call</i>		
Regular Hours (8a-5p, Mon-Fri)	Clinic Technician Line	479-279-6900
After Hours	Dr. Heymann's PA Ellie	913-940-7754
If you can't reach us any other way	Dr. Heymann's personal cell phone	361-739-9376



- If you are experiencing an issue, do not hesitate to text or call at any time.
- If texting, please include a helpful picture depicting the issue, your name, date of birth, date of surgery, and type of surgery.

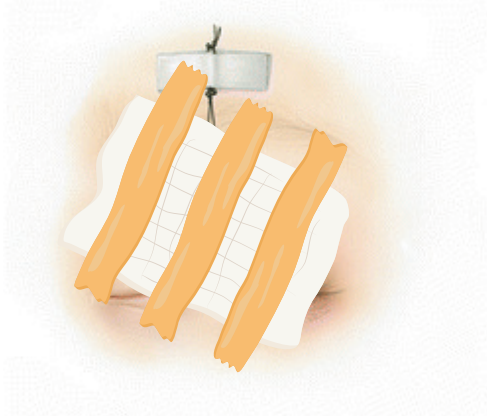


If you are experiencing an emergency that is life or vision-threatening, or are unable to get in touch with us, call 911 or go to the emergency room.

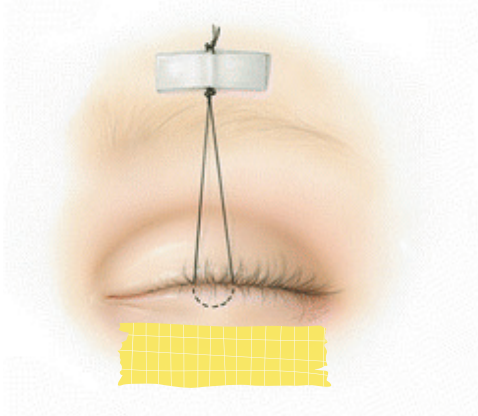
# Cicatricial Ectropion Repair Post - Op Instructions

During surgery, a suture is placed through the lower eyelid and taped to the forehead.

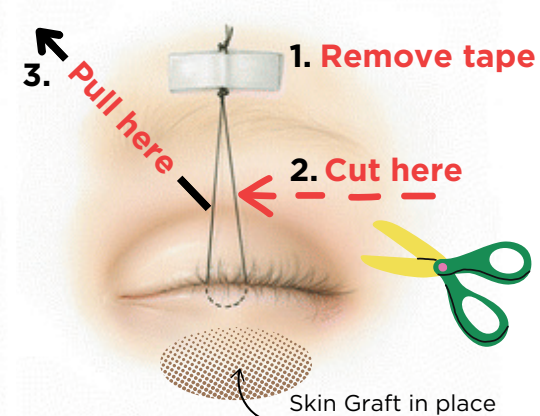
**REMINDER: Do not ice the skin graft. Only ice the site the graft was taken from.**



Day of Surgery



Postoperative  
day 1



Postoperative  
day 2

<b>Day of surgery</b>	<ul style="list-style-type: none"> <li>Leave patch in place for 24 hours.</li> </ul>
<b>Postoperative day 1</b>	<ul style="list-style-type: none"> <li>Remove outer white patch 24 hours after surgery.</li> <li>Yellow patch overlying the skin graft can stay in place until it easily falls off.</li> <li>Use erythromycin ointment on skin graft. If yellow patch remains in place, place ointment over patch.</li> </ul>
<b>Postoperative day 2</b>	<p><b>Instructions for Removing Suture</b></p> <ol style="list-style-type: none"> <li>Remove tape from forehead.</li> <li>Use scissors to cut one side of the suture on the end closest to the tape.</li> <li>Gently pull the uncut side up and away from the face. This will remove the suture allowing the patient to open the eye fully.</li> </ol>
<b>Postoperative day 2-14</b>	<ul style="list-style-type: none"> <li>Continue using ointment on the skin graft and outer corner of the eyelid.</li> </ul>