



## **GENERAL DISCHARGE INSTRUCTIONS FOR SURGERY**

### **1. Ice Compresses**

Apply ice compresses using clean 4x4 gauze soaked in ice water, using gentle pressure on eyelids for at least 24 hours. Ice compresses may be used for 1-7 days after surgery. If you have a bandage applied to the surgical area, do not perform the ice compresses.

### **2. Head Elevation**

Keep head elevated with 2 pillows for 1-2 days in order to reduce swelling.

### **3. Checking Vision**

For the first 24 hours, check vision by counting fingers one eye at a time. Please check every hour for the first 24 hours, excluding sleep intervals. If you are unable to see out of any eye or if there is protrusion of the eye with severe pain, an orbital hemorrhage may exist. This is an emergency. Seek care at a large, local emergency room and call Dr. Pak's office to alert us of this event.

### **4. Bathing**

Showering is permitted—you may wash your hair from front to back. Wash your face with clean water. Wash the sutures with cotton balls soaked in clean water 3-4 times a day. Please refrain from submerging your head in water. No swimming or Jacuzzi/hot baths.

### **5. Medications** *(please ask Dr. Pak to determine if you need the following medications)*

#### *Eye Drops*

- Systane. 1 drop at least 4 times a day and as needed for irritation.
- Refresh PM ointment. Apply at bedtime and as needed for irritation.

#### *Antibiotic Ointments for Suture:*

An antibiotic ointment will be prescribed for application to the suture 2 times a day.

#### *Antibiotics:*

Either Keflex, Clindamycin, or Levaquin will be prescribed for 7 days.

#### *Pain Medications:*

Either Tylenol #3 or Vicodin will be prescribed as needed.

### **6. Questions and After Surgery Appointments:**

Please contact the office at (630) 668-8250 in order to schedule an appointment. If you have further questions, please ask for Michelle Vanderweit (Dr. Pak's assistant) at the office. She will be able to answer questions and contact Dr. Pak for any questions.

**John Pak, MD, PhD**  
*Surgical Specialist in Orbital, Lacrimal, Aesthetic and  
Reconstructive Surgery of the Eyelids*