

Increased sedative effect of anesthetic medications

\*Kava  
\*Valerian

### **Post Operative Instruction for Surgery**

#### **Diet:**

1. A diet high in protein before surgery will help prepare the body
2. A Whole fresh pineapple eaten daily after surgery will help decrease bruising

#### **Medications:**

1. Antibiotics to be taken as directed for the full length of the prescription begin on the day after your procedure
2. Pain Medication to be taken as prescribed. We highly suggest taking the narcotics for a minimum of the first 48 hours as directed. Tylenol can be used as needed, but NOT within 4 hours of the narcotic. The narcotic we prescribe has Tylenol, so they may not be taken together. Please call us with questions or inadequate pain control!
3. Nausea Medication: Please take the nausea meds any time you feel the need.
4. Medrol Dose Pack: Begin on your first day **after** surgery.
3. Incisions can have Bacitracin or Vaseline applied to moisturize. For incisions around The eyes, Dr. Winslow will give you Bacitracin Ophthalmic ointment.
4. Eye drops such as Refresh Plus or Thera Tears MUST be used for the first couple of weeks after eyelid surgery. Need to be purchased at any pharmacy.

#### **Bandages:**

1. After Dr. Winslow has removed the initial dressing she will place a compression dressing.
2. The new dressing must be left on except to shower for the first week.
3. Incisions around the eyes are treated with Bacitracin ophthalmic ointment or Aquaphor.
4. After the first week wound care is as directed by Dr. Winslow
5. You may purchase either Kelo-cote Spray or Mederma to begin applying to your scars 1 month after surgery, to encourage faster healing.

#### **Activity:**

1. No lifting greater than 5lbs. for one week no straining.
2. No Exercise for the first week. DO NOT EXERT YOURSELF.
3. Sleep with head elevated for one week
4. Keep ice on the eyes or affected areas (20 minutes on 20 minutes off) for the first 48 hours.

#### **Peels:**

1. Begin taking your Valtrex the evening before your procedure
2. Keep the peeled area well covered with Aquaphor at all times
3. You must shower or rinse the area two times daily. NO rubbing, pat dry and reapply the Aquaphor.
4. Call us immediately with any possible reactions to the Aquaphore-excessive itching, small bumps. Fast Treatment will relieve the symptoms and prevent A prolonged healing period.