



Eye Associates of Tucson

After Surgery Instructions Melanie L. McCarty, MD

Medications

Post-operative medications have been sent to your pharmacy, which may include:

- Oral antibiotic – take 1 capsule 4 times per day for 7 days
- Antibiotic ointment - apply directly to incisions 3 - 4 times per day
- Pain medication (prescription to be provided at the surgery center at the time of surgery)

Please use these as directed until your post-operative exam in the clinic. Any ointment prescribed may be used in the eye without harm, but may cause your vision to be blurry. We do recommend you use artificial tears in your eyes at least 3-4 times a day.

Wound Care

For the first two days after surgery keep a cool compress or washcloth on the surgical site for 20 minutes every 2 hours as tolerated. This will help decrease the swelling and bruising. You may blot the incision site with a soft wet cloth.

Limitations

For the first 48 hours after surgery do not drive, exercise, or completely wet your face.

For the first 48 hours after surgery you need to sleep with your head elevated.

For the first week after surgery refrain from heavy lifting and exertion.

For two weeks after surgery do not swim or apply makeup.

Expectations

You should expect the bruising and swelling after surgery to get a little worse for 3-5 days. You may have light oozing from the incision site and bloody tears for 24 hours after surgery.

Warning Signs

Call the office immediately if you experience any of the following:

- Brisk bleeding from the incision site
- Rapid increase in swelling and bruising
- Change in vision
- Pain not controlled with prescription medication
- Fever greater than 101 degrees
- Nausea, vomiting

Post-operative Appointment

An appointment will be scheduled 7-14 days following surgery. At this appointment Dr. McCarty or one of her medical assistants will check the incisions and healing process. If you do not know the date and time of this appointment, please call the office.