

Eye Muscle Surgery Postoperative Instructions

Day of Surgery:

Begin with clear liquids and advance to regular diet with bland foods

Quiet activity

If possible, sleep or rest with your head elevated to minimize swelling

Ice packs as tolerated

What to expect:

The eyes will be red, irritated and sensitive to light

The eyes may tear or have blood-tinged drainage

Caring for the eyes:

If a patch is in place, remove it by the morning after surgery

Use medications as directed

Drops OR ointment 3 times daily (they are the same medication)

Wash your hands prior to instilling eye drops or ointments

Do not rub the eyes

Use acetaminophen (Tylenol) as needed for pain

24 hours after surgery, ibuprofen (Motrin) can be used for pain (alternate with Tylenol)

Restrictions:

No swimming for two weeks

Avoid dusty or dirty areas (dust, sand, dirt, mulch, etc.)

Call if any of the following occur:

Excessive bleeding

Persistent vomiting

Fever (over 101)

Increasing or thick drainage

The physician on call can be reached 24 hrs/day at (865)521-7998 (press 0 when prompted)