

**Vistar Eye Center Oculofacial Surgery**  
**Nicholas A. Ramey, MD**  
**Home Care Instructions**

Wound Care (Follow these instructions unless directed otherwise by Dr. Ramey):

- ◆ *If you have a patch, keep the patch on for 2 days. After removing the patch (or if the patch falls off early), proceed with the following instructions.*
- ◆ **Cold compresses:** apply constantly to operative site for 2 days, while awake. Use a clean washcloth soaked in ice-water, wrung out loosely. After 2 days, stop cold compresses (you may then switch to warm compresses).
- ◆ **Antibiotic ointment:** apply 3x daily for 1 week, then 2x daily for 1 week, then 1x daily for 1 week, then stop – unless otherwise directed.
- ◆ **Elevate** the head of your bed (with 3-4 pillows, or sleep in a recliner) for 1 week.
- ◆ Shower in 24 hours, let the water run away from the wounds.
- ◆ Clean wounds with splashes of gentle soap and clean water. Avoid direct water pressure on wounds. Avoid rubbing wounds.

Activities:

- ◆ **Limit activity** for 10 days, no heavy lifting, no bending below the waist, no straining. Do not swim or use eyelid makeup for 3 weeks. Advance activity when approved by Dr. Ramey.
- ◆ Drive, if you feel comfortable and safe, after 2 days. Do not drive if your vision is not clear, if you are taking narcotic pain medication, or if you or others are concerned for any reason about your driving.
- ◆ Return to work in 1 week.
- ◆ Return to Dr. Ramey's office as scheduled for your postoperative appointment.

Diet and Medications:

- ◆ **Resume** regular heart-healthy diet.
- ◆ If you take aspirin, warfarin, or other blood thinners, **resume** 2 days after surgery, unless otherwise directed.
- ◆ **Avoid** ibuprofen, naproxen, and other non-steroidal anti-inflammatory medications for 5 days after surgery, unless otherwise directed.
- ◆ Use over-the-counter Acetaminophen (no more than 4 grams daily) for pain control. You may also use pain medication as prescribed, but limit your total acetaminophen dose to no more than 4 grams daily.
- ◆ Resume all other oral medications immediately.
- ◆ Resume all eye medications now immediately.

When to call your Surgeon (work-hours call 540-855-5100; after-hours call Carilion for the on-call eye doctor at 540-981-7000):

- ◆ Excess bleeding that does not stop with gentle pressure, cold compress, elevation of the head, and limited activities.
- ◆ Yellow or smelly discharge.
- ◆ Unusual pain, progressing redness, heat around the wounds, intense itching.
- ◆ Any other concerns.

These instructions have been fully explained and provided to me.

---

Patient or escort signature

---

Date