

### **Surgery Patient Instructions**

On the day of your procedure, if your surgery is at the hospital, please plan to arrive at the Hospital 1 hour prior to your scheduled surgical start time. If you are having your procedure at our office plan to arrive 30 minutes before your scheduled start time. Please try and have your post-operative prescriptions filled prior to your surgery day, so that you do not have to worry about them following surgery.

#### **Dressing and Wound Instructions:**

1. Do NOT remove or manipulate the dressing placed by Dr. Winslow. She will remove the dressing when she sees you following your surgery.
2. If a compression dressing is placed, it will be changed by Dr. Winslow to an elastic dressing.
  - a. The elastic/Velcro dressing MUST stay on for the first week after surgery. You may remove it to shower. It should be replaced after the shower and left on. Ice may be used on top of the dressing. The dressing may be washed if it becomes soiled, and promptly put back on.
  - b. After the first week, you may go to only using the dressing at night. It usually feels good, and will help hasten healing.
3. Call Dr. Winslow if there is excessive drainage from the incision sites, if you have a fever greater than 101 degrees, if your pain is not controlled by your medicines, nausea and vomiting, or with any questions or concerns.
  - a. 4. Keep ice on the affected site (20 minutes on, 20 minutes off) for the first 48 hours.
  - b. A Swiss Therapy Mask may be given to patients with eye surgery – submerge in an ice bath and use it as you would regular ice packs. (Never put it in the Freezer)
4. Elevate the head of bed with an extra pillow, or sleep in a recliner to let gravity help remove the swelling and fluid.
5. You may shower after Dr. Winslow removes the dressing, usually one to two days after surgery. Baby shampoo is preferred for the hair and a hand-held shower appliance works best. The wound may be moistened and gently patted dry.
6. Neosporin or bacitracin ointment should be kept on the wounds until they are healed. Some patients may develop allergies. Aquaphor may be used if you have a known allergy to Bacitracin. If an increase in redness is seen, discontinue the medicine and contact Dr. Winslow. Refer to Resurfacing instructions if you had a peel.
7. Begin eating Pineapple. 1/2 to a whole Pineapple everyday (MUST be fresh). The core is where the essential enzyme is stored. DO NOT eat with a protein. We suggest blend the whole pineapple with ice and other softer fruits (apple, pears, bananas)
8. Begin filling out your Patient Diary.