

## POST PROCEDURE INSTRUCTIONS

- Remove Patch in 1-3 hours
- Begin using medication that was prescribed to you at the visit
  - Maxitrol | Tobradex Drops 1 drop 4x/day \_\_\_\_\_ eye for two weeks
  - Maxitrol | Tobradex Ointment apply to \_\_\_\_\_ eyelid 2x/day up to 1 month
- If you are feeling sore, pain or if the wound is bleeding or oozing you may use a cool compress over the wound for 10 minutes at a time for the first 2 days.
- For soreness you can also take **TYLENOL (avoid ibuprofen, aspirin, excedrin, motrin)**
- Avoid exercise for as this will increase swelling and/bruising
- Avoid getting the wound wet
- If the wound feels fine, you do not have to do anything to it besides applying the medications

## AFTER TWO DAYS

- If you develop any bruising apply **warm** (NOT HOT) compresses
- Oral supplements like Arnica and Bromelain can be taken to reduce the duration of bruising
- OK to exercise (light exercise up to 1 week. After 1 week, you can resume normal exercise routine).
- OK if water hits wound
- No rubbing the wound
- Avoid eye makeup for 1 week
- Avoid contact lenses while using eye drops
- Complete the course of the medications prescribed
- Follow up in 1 month or sooner

\*\*If you are having severe pain or bleeding, please contact Dr. Kashyap by calling the office number and leaving a message for her 347-788-1841\*\*

Yogita Kashyap, MD