

******LEYNGOLD INSTITUTE FOR PLASTIC SURGERY******

**CORNEAL NEUROTIZATION SURGERY
POSTOPERATIVE INSTRUCTIONS**

- Do not drive or operate machinery if the operated eye is patched.
- Avoid sleeping on the operated eye(s). Wear an eye shield at night (provided to you) at night over the operated eye(s). You can use paper tape provided to you to secure the eye shield over your eye(s). **DO NOT RUB YOUR EYES** for at least 4 weeks after surgery. You may gently pat them with a soft cloth if they are itchy.
- If the eye is patched, keep the eye patch on for *** day(s).
- Unless the eye is patched, the cold compresses should be started when you arrive home and continued as much as possible during waking hours. For the remainder of the day of surgery, apply the compresses 15 minutes on and 15 minutes off until bedtime. For the next 36 hours, continue to apply the cold compresses for 10-15 minutes every hour. After 36 hours, you should switch to warm compresses at least 4 times a day until the swelling and bruising have gone away. If the eye is patched, remove it when instructed and start the compresses as described above.
- Begin placing ALL of your previously prescribed eye drops and ointments into the surgical eye per previous regimen. Additional eye drops may be prescribed (steroid/antibiotic drops) to be used four times a day for 2 weeks; or until the bottle runs out.
- If the eye is patched, begin placing the eye drops into the eye once the patch is removed. The eye will be sutured shut with a stitch until your first postoperative visit. You will still be able to place the drops and ointments in the operated eye by placing the drops in the corner of your eye closest to your nose.
- Your eye may feel irritated or like it has sand or grit in it after surgery. After patch is removed, begin using over the counter artificial tears four times a day and artificial tear ointment or gel at night. This will help significantly with the irritation. Examples are included below
- A small amount of bloody oozing or blood-stained tears are normal in the first few days. Uncontrolled bleeding that will not stop with gentle pressure is not normal and you should call your doctor.
- Numbness over the forehead and top of the head is normal if the nerve was used for your surgery was taken below the brow bone. IF the nerve was taken above the cheek bone, numbness will be present over the cheek, upper lip, and upper teeth. Over time, the numbness will improve.
- If your surgery required a nerve graft to be taken from your leg, there will be dressing over the graft site and your leg will be wrapped. The wrap and the dressing may be removed in 48 hours.

Do not remove the steri-strips. They will fall off on their own. Do not submerge the incision in water for 3 weeks. You may shower and let the water wash over this area. Since there will be some numbness over the ankle and outer calf area avoid sharp objects, heating pads or anything that can damage the skin over the outer and back areas of your calf and ankle.

- Shower below the neck only (don't get face wet) until the patch is removed. After the patch is removed, washing your face is permitted but do not rub your eyelids, forehead, or cheek. Gently pat dry the area. Do not rub.
- Avoid hot tubs, saunas, ocean/lake water and swimming pools for 2 weeks
- Please do not bend below the waist or lift things heavier than a gallon of milk for 7 days. You may continue your other activities as tolerated
- If you have pain, try taking Tylenol. You may take up to two extra strength pills (500mg) every 8 hours OR you may take up to three regular strength pills (325mg) every 8 hours. Only use this high dosage for 3 days. After that, decrease your maximum dose to 500mg every 8 hours. You should not continue Tylenol for more than 7 days. **DO NOT USE TYLENOL IF YOU HAVE LIVER DISEASE.**
- Take the oxycodone for pain not controlled by Tylenol. Oxycodone can make you feel sleepy, confused, and increase your risk for falling. Do not use this medication without someone at home to help you. It can also make you itchy. If you begin to become itchy, you can take Benadryl (25mg) every 6 hours as needed for itchiness. Be aware that the Benadryl may make you sleepy
- The oxycodone can make you constipated. Be sure to drink plenty of fluids while taking the oxycodone. You can also start an over-the-counter stool softener like Colace twice a day
- Take the Zofran (ondansetron) dissolvable tablets as needed for nausea. You may feel nauseous from the anesthesia and it is important that you do not throw up or dry heave
- You may resume your aspirin, aspirin-containing products or blood thinners 48 hours after your surgery or as directed by the prescribing physician. Resume all of your other medications as directed by your other physician(s).
- Resume your regular diet as tolerated. You may not have much of an appetite in the first few days so be sure to focus on fluids to prevent getting dehydrated
- Follow up in the eye clinic as instructed prior to surgery.

Please contact us for any increase in redness, pus-like discharge, pain or nausea not controlled with medication, bleeding that does not stop with pressure, fever greater than 100F, decrease in vision or loss of vision associated with severe pain behind your eye or any problems you wish to discuss, please contact by calling **(208)900-4673**.

Additional Information

Cold compresses- there are many options to choose from so use the one that works best for you

Frozen bag of peas- apply frozen bag onto both eyes until it warms

Cold cloth- wet a washcloth with cool water and hold over eyes until warms- this is the least effective method as the washcloth loses warmth quickly

Commercially available gel packs or microwavable pads specifically for the eyes- use as instructed by the manufacturer

Regardless of the cooling method, place cold gently over both closed eyelids until it warms.

Warm compresses- there are many options to choose from so use the one that works best for you

"Hot pillow": place 1/2 cup of dry, uncooked rice in a clean cotton sock- tie off the open end of the sock. Microwave for 30-60 seconds. Test on arm for desired heat before placing on eyelids.

Warm cloth- wet a washcloth with warm water and hold over eyes until cool- this is the least effective method as the washcloth loses warmth quickly

Commercially available gel packs or microwavable pads specifically for the eyes: use as instructed by the manufacturer

Regardless of the heating method, place heat gently over both closed eyelids until it cools.

Eye lubrication

If your eyes are dry or irritated, you will be instructed to use artificial tears throughout the day and tear ointment at night. You can find these at any drug store

Types of artificial tears- use 4-5 times per day or as otherwise instructed (if using more often, or for long period of time, use the preservative free vials)

Systane (Balance, Ultra, Gel-- also available in preservative free vials)

Refresh (Plus, Optive advanced-- also available in preservative free vials)

Genteal tears

Blink

Types of ointment (comes in a tube, not a bottle)- place small amount into eye at night (will make vision blurry)

Systane Night Time

Refresh PM

Soothe PM ointment

Genteal PM (gel or ointment)

Puralube Eye Ointment