

POST OPERATIVE INSTRUCTIONS ON DISCHARGE FROM HOSPITAL

FOLLOW THE INSTRUCTIONS GIVEN BY DR SOMIA CLOSELY - IF YOU EXPERIENCE ANY OF THE FOLLOWING PLEASE CALL US OR AFTER HOURS CONTACT THE HOSPITAL AND ASK FOR DR SOMIA.

- **Fever/chills (temperature higher than 38o)**
- **Heavy oozing/bleeding from the wound**
- **Increased swelling around the wound**
- **Increased pain**
- **Difficulty breathing or passing urine**
- **Spreading redness around the wound or foul odour**

HOSPITAL PHONE NUMBERS

- **Lakeview Private Hospital
02 8624 5000 or 02 8711 0736 (after hours)**
- **Prince of Wales Private Hospital – 02 9650 4000**
- **Norwest Private Hospital – 02 8882 8882**

F O R M E
i n s t i t u t e

ASAPS Australasian Society of
Aesthetic Plastic
Surgeons™
Excellence in cosmetic surgery™

Dr Naveen Somia - Specialist Plastic Surgeon

MBBS PhD FRACS | Reg MED0001189889 | P 02 9387 2110

info@naveensomia.com.au | Bondi Junction | Bella Vista

ABN 20 204 195 865



BASIC WOUND CARE

BLEEDING WOUNDS: SIT DOWN AND REST, APPLY GENTLE BUT FIRM PRESSURE FOR 5 MINS WITH THE PALM OF YOUR HAND. Most bleeding will stop. If bleeding continues please contact us or the hospital (seek medical attention).

ITCHY WOUND: Use gentle pressure with the palm of your hand, under no circumstances should you rub the suture line vigorously.

MEDICATIONS

Take your prescribed medications and analgesia such as Panadol. If you feel you need stronger painkillers contact our office. Antibiotics are not always necessary except in special cases. If you have been prescribed antibiotics take them as instructed. You can recommence your regular medications soon after your surgery.

SPECIFIC INSTRUCTIONS FOR EYELID SURGERY

Typically eyelid surgery wounds are treated with Chlorsig ointment. Use Systane eyedrops 2 hourly to each eye for 2 weeks.

Use ice packs for the first 3 days. After day 3 use icepacks for a minimum 4 times per day to help with the swelling which usually peaks at 3-5 days. To prepare the icepacks: Get 2 clean small freezer bags and put 3 cubes of ice in each and a cup of water. Tie the plastic bags. Place a dry gauze/dressing pad/eyepatch over the eyes. Place the freezer bag on the gauze for 5-10 minutes on and 10 min off and repeat. Cease if you find it uncomfortable.

F O R M E
i n s t i t u t e

ASAPS Australasian Society of
Aesthetic Plastic
Surgeons™
Excellence in cosmetic surgery™

Dr Naveen Somia - Specialist Plastic Surgeon
MBBS PhD FRACS | Reg MED0001189889 | P 02 9387 2110
info@naveensomia.com.au | Bondi Junction | Bella Vista
ABN 20 204 195 865



SPECIFIC INSTRUCTIONS CONTINUED

Sleep with your head elevated (not on your side or tummy) for the first week. Avoid bending over or excessive activities.

If you go outside you must wear sunglasses at all times. Your vision may be blurry for a few days due to swelling. Once your vision is back to its pre-surgical level you can drive. You must have glasses and do not drive with the windows down to avoid gusts of wind or dirt. Check your motor vehicle insurance policy for restrictions on driving.

Difficulty closing your upper eyelid? Commonly it can be difficult to completely close your eyes. This will relax over the course of a few weeks. Should your eye feel dry, we will advise you to use drops and ointments in your eyes to protect your eye, and to tape your eyes shut at night, whilst the tissues relax. Eyes need to be covered during healite treatments until you can fully close them.

ACTIVITIES AFTER SURGERY

- Avoid smoking/vaping as it delays healing and increases the risk of complications.
- Do not drive, work, act as a carer or sign important documents for 24 hours following anaesthetic. You may find you will need to have a rest in the afternoons following surgery. Check your motor vehicle insurance policy for any restrictions.

F O R M E
i n s t i t u t e

ASAPS Australasian Society of
Aesthetic Plastic
Surgeons™
Excellence in cosmetic surgery™

Dr Naveen Somia - Specialist Plastic Surgeon

MBBS PhD FRACS | Reg MED0001189889 | P 02 9387 2110

info@naveensomia.com.au | Bondi Junction | Bella Vista

ABN 20 204 195 865



ACTIVITIES AFTER SURGERY CONTINUED

- If you have DVT stockings remove when you return home.
- Stay well hydrated, eat well and take it easy for the next day or two. Contact us for a medical certificate.
- Only light activities are permitted until the first post-operative visit. No activities that increase your blood pressure or heart rate should be undertaken for 2 weeks. Walking normally is allowed. Avoid any activity that causes straining, coughing, lifting or stooping. If possible avoid sneezing. Keep your head elevated at night and avoid lying on your side or on your face.
- Do not use makeup or sunblock over the raw suture line until the wound has completely healed (usually 2-3 weeks).

FIRST POST OPERATIVE VISIT

You will first undergo a healite treatment followed by review by Dr Somia to remove your sutures.

You will usually receive your receipt and medicare/claim forms at the your post operative visit. The anaesthetist will send you a receipt separately.

F O R M E
i n s t i t u t e

ASAPS Australasian Society of
Aesthetic Plastic
Surgeons™
Excellence in cosmetic surgery™

Dr Naveen Somia - Specialist Plastic Surgeon

MBBS PhD FRACS | Reg MED0001189889 | P 02 9387 2110

info@naveensomia.com.au | Bondi Junction | Bella Vista

ABN 20 204 195 865



DR SOMIA'S POST OP CARE EYELIDS AFTER THE FIRST WEEK

DO NOT GET IT WET FOR another week

FOR THE NEXT WEEK

- Use CHLORSIG Eye Ointment twice a day.
- Apply the ointment on the eyelid suture line and eyebrow suture line

SUN PROTECTION for the next 3 – 4 months

- If you are going out in the sun – you must wear SUNNIES
- You can use SPF 30+ after 3 weeks.
- You can use the silicone gel and put the SPF 30+ ON TOP of the gel.

EXERCISES

- Walking only for 6 weeks
- Normal exercises after 6 weeks
- DO NOT Bend over
- DO NOT do YOGA postures that make you bend over
- DO NOT Expose your eyelids to direct sunlight



DR SOMIA'S POST OP CARE EYELIDS 2 WEEKS POST OP

- Use SILICONE GEL to the EYEBROW – 2 times a day
- For the eyelid – only at night.

Alternate hot and cold compress 15 minutes twice a day To help swelling and promote healing. Heat : increases blood flow to the area to help healing and Cold: minimises fluid formation and swelling

- Get 2 clean bowls and 2 clean wash cloths.
- Fill one bowl with boiling hot water and ice cold water with ice cubes in the other. SAFETY: You should be seated with the bowls on a table in front of you. (Dining table is ideal).
- Soak the washcloths in each of the bowls.
- Remove the “hot’ wash cloth from the bowl, squeeze the excess water.
- Hold the hot wash cloth in the palm of your hand and place it over your closed eye. You can cover one eye or both eyes at the same time but ensure your hand is in contact with the cloth at all times SAFETY: If it feels too hot for your hand it’s time to swap to the ice cold pack

Alternate ‘hot’ and ‘cold’ for 15- 20 minutes, Do this 2- 3 times a day, no more.

