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## **Generic Tip Sheet**

- Apply ice packs (wrapped in a thin towel) to the surgical area for 2-3 days after surgery. They help minimize bruising, swelling, bleeding and pain. The more often you apply the ice, the better. Use the ice packs when resting or sleeping. If using a Ziploc bag, double bag the ice to prevent leaks.
- Be as active as possible. Return to your regular activities as soon as you are comfortable doing so.
- Drink plenty of water. Avoid constipation.
- Do not use peroxide or Neosporin on your wounds.
- If you have a drain, keep suction on the drain bulb-this means the bulb should be collapsed.
- Panti-liners work great to reinforce a dressing. They are thin, absorbent and inexpensive. Use these over the incisions if needed.
- Do not smoke, vape or use e-cigs both before and after surgery.
- Do NOT soak in a tub, pool, spa or go swimming until all wounds are completely healed.
- Showering is allowed and encouraged. Shampoo and/or conditioner will not hurt. Do not scrub at any wounds. You may shower: 12 hours after eye surgery, 48 hours after facial surgery, 48 hours after body surgery.
- Do not use Mederma, Scar Guard or any other type of scar gel/cream until you are completely healed.
- Bring a pillow and leave it in your vehicle for the ride home.
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