

## PRE AND POST-OPERATIVE INSTRUCTIONS

### Blepharoplasty (Eyelid) Surgery

Please follow these instructions as closely as possible. They are designed to help you heal quickly, and comfortably, with minimal side effects. If you experience any complications, please call our office.

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Please read these instructions before and after your surgery. Carefully following these guidelines will help you obtain the best possible result. Take this information with you on the day of surgery so you can begin following the instructions that day. If you have questions, do not hesitate to contact our clinic. We want you to have a pleasant and enjoyable experience.

#### PREPARING FOR EYELID SURGERY

- Avoid aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve), and other non-steroidal anti-inflammatory medications, Vitamin E, herbal supplements or any medications containing these compounds for 2 weeks before surgery. Acetaminophen (Tylenol or generic equivalent) and daily multivitamin are fine to continue taking.
- Refrain from smoking **2 weeks before and 2 weeks after** surgery. Nicotine and tobacco smoke delay healing and can result in scarring. This is the perfect time to give up the habit.
- Avoid sun damage 2 weeks before surgery. While we recommend wearing a SPF 30 or higher sunscreen, our physicians and staff wear a SPF 50 every day.
- Your prescriptions for after surgery (typically an antibiotic and pain medication) will be given to you the day of surgery.
- Purchase the following non-prescription items:
  - Arnica – an herbal supplement which helps reduce swelling and bruising. This is available through our office and is optional.
- **DO NOT eat or drink anything, including water, after midnight the night before your surgery.**
- Arrange for someone to take you home from the surgery center. You will not be allowed to drive or leave alone.
- Arrange for someone to stay with you for the first 24 hours after surgery.

#### ON THE DAY BEFORE SURGERY

You may be given an approximate arrival time for your surgery at your clinic visit. On the day before surgery you will receive a phone call informing you of the exact time to report to the surgery center.

#### DAY OF SURGERY

- **DO NOT eat or drink anything, including water, the morning of surgery.** Essential medications may be taken with a small sip of water.
- Wear loose-fitting clothes that fasten in the front or back. Avoid slipover clothing.
- Leave all valuables at home if possible; do not wear jewelry.
- Do not wear any facial or eye makeup. Avoid nail polish.
- You may wear glasses but do not wear contact lenses.
- If you wear dentures, keep them in.
- Bring ID and insurance card with you.

## **AFTER SURGERY CARE**

- Iced gauze pads (gauze pads dipped in ice water and wrung out) should be applied to the eyes and cheek for the first 48 hours to minimize swelling and discoloration.
- Keep your head elevated to minimize swelling. A recliner works well or adding an extra pillow on your bed is adequate.
- You may wash your face. You may shower and wash your hair.
- If you have external eyelid incisions, they may be gently cleaned with a Q-tip and half-strength hydrogen peroxide (dilute with water).
- You may wear contact lenses 2 to 3 weeks after surgery.
- Avoid extreme physical activity including athletic activities and intercourse. You may resume light walking 3 days after surgery. Aerobic exercise, weight training, heavy lifting, and straining may be gradually resumed 3 weeks after surgery.
- **Absolutely avoid** sun exposure, sun lamps, or tanning beds for 6 weeks after surgery. Heat may cause your face to swell. While we recommend wearing a SPF sunscreen of 30 or higher.
- Don't be concerned if the eyes show some swelling- this usually resolves within 2 weeks. In certain patients, it may require 6 months for all swelling to completely subside.
- Take only medications prescribed by your doctor.
- Makeup may be used 7-10 days after surgery.

**DON'T TAKE CHANCES! IF YOU ARE CONCEREND ABOUT ANYTHING YOU CONSIDER SIGNIFICANT, CALL OUR OFFICE AT (501)-623-4485.**