



Blepharoplasty Information sheet

Preoperative Instructions:

1. PRE-OP TESTING – If required, pre-op testing should be done immediately either at our office or your nearest outpatient lab with results faxed to our office. Failure to do so in a timely manner will result in the cancellation of your surgery.
2. Make sure your **eye exam and clearance** from your eye doctor (ophthalmologist NOT optometrist) is completed and the **results sent to our office**. ***Otherwise, the surgery will have to be cancelled.***
3. PRESCRIPTIONS –You will have prescriptions. Please have them filled and take as directed. Call if you have any questions.
4. MEDICATIONS/DRUGS – Stop the use of medications containing Aspirin/ Ibuprofen, Omega 3 fish oil, niacin, Vitamin E (greater than 200 IU), garlic, multi vitamins, and herbal supplements 2 weeks prior and post surgery. A list of over-the-counter medications to avoid is included in your paperwork.

5. DIET – Vitamin K plays an important role in blood clotting and prevention of bleeding. Foods rich in Vitamin K are encouraged to be added to your diet one week prior to surgery include canola oil, cruciferous vegetables (leafy dark greens, spinach, broccoli, and cabbage) beef liver, bran, and olive oil.
6. NO SMOKING for at least 6 weeks prior and 2 weeks post operatively.
7. NO ALCOHOL for at least 1 week prior and 2 weeks post operatively.
8. UNEXPECTED HEALTH PROBLEMS – Please contact us immediately if during the week prior to surgery you develop a cold, sore throat, fever, cold sore, or any skin problems.
9. Please leave all jewelry including watches at home. If you wear contact lenses, please wear glasses to the office that day or be prepared to remove contacts. You will not be able to wear contacts immediately after surgery.
10. **If you are having local only or oral sedation with local, you may have a light meal before coming for your procedure. Please avoid fatty foods. If you are having surgery at the surgery center (i.e. twilight or general anesthesia), do not eat or drink anything after midnight the night before surgery.** If on daily medication, they may be taken in the morning with a sip of water along with the prescribed antibiotics.
11. You will need a responsible adult to drive you

home. For intravenous sedation you will need a responsible adult to stay with you the first 24 hours after surgery.

12. Wash your face and shampoo hair thoroughly the night before and the morning of surgery with Hibiclens solution. Do NOT apply makeup.
13. Wear a button down the front shirt the day of surgery. ***No over the head garments please.***

Over the Counter Items Needed After Blepharoplasty:

The following items need to be purchased for pre & post-operative care. Ask your pharmacist for the location of these items if they are not readily available.

1. Dove: (Unscented Soap) Use as directed
2. Cotton tip applicators (i.e. Q-tips) : Use as directed to clean incisions.
3. Frozen peas or Corn: purchase 2-4 bags for use to cool face. Wrap in a dampened, clean paper towel before applying to face.
4. Sterile Eye Ointment: Apply as directed at bedtime.
5. Artificial Tears: Two drops in each eye every two hours while awake for the first 48 hours after surgery.

Postop Instructions

1. Pain is usually minimal and well controlled by your prescribed post op medication. **(No aspirin or Ibuprofen!)** If the above does not provide adequate pain relief, please call our office for further instructions. *If you have severe pain, you need to call the office!*
2. Blurred vision may be a problem post operatively, usually due to eye ointments. We recommend you mark prescription bottles in such a manner that you can easily distinguish between them (such as color-coded).
3. Take your temperature twice daily. Report any temperature over 100 degrees Fahrenheit to the office.
4. No smoking for 2 weeks post operatively. No alcohol for 2 weeks post operatively. Use supplements ONLY if they have been recommended by your doctor. No aspirin, ibuprofen, vitamin E, Omega 3 fish oil, niacin, and garlic supplements for 2 weeks post operatively.
5. Take all prescriptions per their instructions.
6. Elevate your head of the bed with at least 2 pillows for several days after surgery. This will help minimize swelling, which is usually most marked upon awakening.
7. Apply cold compresses over the eyes to reduce swelling and discoloration for at least 10-15 minutes every hour. ***This is very important.*** Continue cold compresses for 2 days after surgery.

You may be instructed to take a steroid Dose Pack to aid in swelling and eye irritation. Frozen peas or corn make good cold compresses, and can be reused. Wrap in a clean, dampened paper towel before applying to your eyes.

8. After surgery, start with a liquid diet, then advance your diet slowly. You should drink plenty of clear liquids to prevent dehydration, even if you are not thirsty. Try to maintain a low salt intake and avoid tea, coffee, and soda for 3 days.
9. Report any excessive bleeding that persists after pressure has been held for 15 minutes.
10. Keep eye activity to a minimum for 48 hours.
11. Please purchase **Artificial Tears**, sold over the counter, for cleaning the eye of matter, blurred vision or "dry" scratchy feelings. This should be used every 2 hours while awake for 48 hours.
12. If you are not prescribed an antibiotic eye ointment, please purchase **Sterile Eye Ointment** (sold over the counter). This should be used in the eyes at bedtime so eyes will not get dry while sleeping.
13. Clean incisions a q-tip dipped in peroxide if blood or crust is present (do not get peroxide in the eye). Then apply **Eye Ointment** to incisions daily. Continue this for a week or so after surgery. Your eyelids may "stick together" during the night. You may need to soak your eyelids with a clean, warm washcloth in the morning to loosen scabs on the lashes.
14. Some discoloration along with swelling will occur

- with this operation. The majority of patients will see this disappear within 2 weeks.
15. The scars can be covered with makeup one week after surgery (once healed).
 16. The lower lid may occasionally have a slight "droopy" appearance following surgery. This is due to the swelling and will disappear as the swelling subsides.
 17. Occasionally, small whiteheads will occur along the incision lines due to healing of the incisions made across the oil glands of the skin. These generally disappear with time and any that persist are easily shelled out in the office. They do not complicate the healing or the result. Please do not try to squeeze or pop these whiteheads unless otherwise instructed.
 18. The eye may water slightly following surgery, due to swelling of the lids and the teardrops spilling over the cheeks. This will disappear as the swelling subsides.
 19. The hair may be shampooed the day after surgery but **DO NOT** bend over the sink. When showering avoid the force of the shower from directly hitting the suture line. Use lukewarm water while showering for 2 weeks.
 20. Contact lenses may be worn starting 2 weeks after surgery. If you experience continuing discomfort, consult your ophthalmologist.
 21. The eyebrows may be plucked 2 weeks after surgery.

22. Avoid sun to the incisions for 3-6 months. Avoid remaining outside in hot weather for 2 weeks post op as this can contribute to swelling and possibly bleeding.
23. The amount of time you need to be off work will be based on your surgery, occupation, and healing process. Ask your doctor.
24. If you have questions please call our office 334-270-2003