

## **GETTING READY FOR BLEPHAROPLASTY (EYELID) SURGERY**

**What to expect** - You can expect to have noticeable swelling and bruising for 2-3 weeks, and slight swelling for up to 12 weeks.

Our medical esthetician will gladly provide complimentary guidance in camouflage makeup application for postsurgical discoloration.

### **6 WEEKS BEFORE SURGERY**

Your surgeon may request you abstain from smoking and all tobacco products 6 weeks before and 6 weeks afterward. Failure to abstain from tobacco may result in your surgery being postponed or canceled as this complicates the healing process.

### **2 WEEKS BEFORE SURGERY**

**Medications** - Discontinue Aspirin and Aspirin-like products, Ibuprofen (Motrin), Naprosyn (Aleve), Vitamin E tablets and certain herbs like Ginkgo Biloba, St. John's Wort, Ephedra. If you take other herbs or vitamins, please phone our office. You may take Tylenol (Acetaminophen) at any time.

**Hospital Fees/Pre-Admission appointment** - Hospital fees are paid at the pre-admission appointment, which must occur before surgery, unless otherwise directed by your surgeon.

**Surgeons fees** - are due at this time unless otherwise covered by insurance.

### **BEFORE SURGERY**

**Diet** - Do not eat or drink after midnight the evening before surgery, unless otherwise directed by the anesthesiologist.

## **POST-OPERATIVE INSTRUCTIONS**

### **FIRST 24-72 HOURS AFTER SURGERY**

- Place ice-packs or cold compression on your eyes during the first 8-24 hours. This will help prevent bleeding and reduce swelling. Something that works well is an 8-10oz plastic bag of frozen peas or crushed ice inside a moist rag.
- Your greatest discomfort will occur the first 24-48 hours following surgery, and maximum swelling occurs 48-72 hours post-operatively. During this time, take all medication as prescribed. It is helpful to take pain medication with crackers or toast to avoid nausea which may occur if taken on an empty stomach. Also, if you are given additional prescriptive medication by your surgeon, please take as directed.
- Keep your head elevated with 2-3 pillows the first night.
- You will have drainage from your sutures. This is normal.
- If you have Steri-strips in place, do not remove them.

### **MEDICATION**

- Take all medication as prescribed. Avoid Aspirin and Aspirin-like products for 2 weeks after surgery. Tylenol (Acetaminophen) can be taken. Please limit Acetaminophen to 4 grams (4000mg) in a 24 hour period.

### **DIET**

- Eat and drink easily digested foods such as Jell-O, ginger ale or canned soups. These are tolerated well the first 24 hours after surgery. If you are not nauseous you may resume your normal diet.
- Drink plenty of fluids and eat fruit and high fiber foods to avoid constipation.

### **HYGIENE**

- You may shower and wash your hair the day after surgery. Pat incisions dry. No baths please.
- Have someone assist you with bathing while you are taking pain medication.

### **ACTIVITY**

- Keep your head elevated with 2-3 pillows the first night.
- No heavy lifting or vigorous exercise for 2 weeks.
- You do not have to remain in bed. You may walk for short distances.
- Limit reading and television viewing for the first few days.
- Light cooking is permitted.
- Avoid bending over from the waist. Bend from the knees.

- Do not wear contact lenses until cleared by your surgeon.
- Driving: Do not drive the first 24 hours following surgery.
- If you been off pain medication for 24 hours, you may drive.
- Check your surgeon before resuming jogging, aerobics, sexual activity or any vigorous exercise. General routine activities can be resumed 3 weeks following surgery.
- You may want to stay off work for 7-10 days after surgery.
- Avoid sunbathing for 2-4 weeks until cleared by the doctor.
- Do not smoke for 7 days as smoking retards the healing process.

#### **WOUND CARE**

- Place ice-packs or cold compression on your eyes during the first 8-24 hours.
- Place a wash cloth or gauze pad in iced water. Squeeze out excess water and place over eyes. Re-wet and re-apply when no longer cool.
- Do not place a heavy cold pack on your eyes.
- After the first 8 hours a good trick is to use an 8-10oz plastic bag of frozen peas. These are light and can be refrozen.
- Use hydrogen peroxide and Q-tips to remove any dried drainage along suture areas.
- Wash the rest of your face using a face cloth and your usual face soap.
- You will be given eye ointment. The ointment should be placed along suture lines with a Q-tip twice daily until sutures are removed.

#### **NOTIFY YOUR DOCTOR IF**

- You have a fever of 101 degrees or more which lasts for 24 hours or longer.
- You develop any excessive swelling, redness or warmth of incisions.
- You experience severe pain not responding to prescribed pain medication.
- You develop thick, odorous drainage or bleeding that doesn't subside.
- You have any shortness of breath.

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