

Instructions for Blepharoplasty Patients (In-Office Surgery)

2 Weeks Before and After

- No smoking.
- No aspirin, ibuprofen, Motrin, Advil, Aleve or similar anti-inflammatory medication. Other blood thinners, such as Coumadin or Plavix, must also be discontinued under the guidance of your primary care physician.
- No herbal medications, supplements, red wine or teas.
 - Herbals with an increased risk of bleeding include, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort.

2 Days Before

- Start an over the counter stool softener 2 days before and continue while taking your pain medications.
- Antibiotics and Arnica Montana (if you desire to take) should also be started 2 days before. No alcohol.

Day of Procedure

- Designate a responsible adult to bring you to and from the procedure.
- Arrive 30 minutes before your scheduled time bringing all prescription medications with you.
- We will not be administering any intravenous medication or fluids for the procedure; local nerve blocks will be performed to numb the area only (such as at the dentist).
- Eat a light meal before coming to the office.
- Please no lotions, creams, body piercings or makeup the day of surgery. Wear pants with no metal on them and a button down or zip up shirt.

After

- Occasionally, the eyes are patched for the first night after surgery.
- Expect temporary numbness, tightness of the lids, dryness, burning or itching of the eyes.
- Bruising and swelling are also common.
- Use frozen peas in Ziploc bags to reduce pain and swelling for 48-72 hours after surgery.
- Bruising and swelling may persist 1- 2 weeks.
- Your physician may recommend Natural Tears (OTC eye drops) or Lacrilube (OTC ophthalmic ointment) as part of your postoperative treatment.
- For the first few weeks after surgery you may experience excessive tearing, dry eyes, or sensitivity to light. No contacts for 2 weeks.

Diet

- Advance slowly from liquids to soft, then solid foods.
- Low in sodium diets will minimize swelling.
- Fresh pineapple helps minimize bruising.
- Papaya tablets and Arnica Montana pellets also decrease bruising.

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Activity

- Sleep with your head elevated for at least the first 72 hours to help reduce facial swelling.
- Avoid blowing your nose and avoid sneezing. If unable to avoid sneezing, then sneeze with your mouth open
- Avoid activities that increase your blood pressure including bending, lifting, straining and rigorous activities for at least 2 weeks.

Wound Care

- If patched, eye patches are typically removed the first postoperative day.
- You may have a suture placed in your lower lid (for patients who have undergone a lower lid operation) that will close your eyes shut for the first day after surgery.
- We typically remove this suture the following day.
- Depending on the degree of swelling, you may have to use eye patches when sleeping, to help protect the eyes.
- A lubricating eye ointment will be used to also help protect the eye, just to be used during sleep (over the counter lacri-lube or artificial tears ointment).
- **NO LOTIONS, CREAMS OR OINTMENTS** are to be put on open incisions unless directed by physician.
- Showering is permissible 1 day after surgery, you may cleanse your face and eyes with a mild soap and lukewarm water the day after surgery – do not rub vigorously.
- Do not soak the area in water, or leave wet dressing against wound.
- Gently pat the area dry with a clean towel. Do not rub.
- Typically 5-7 days after surgery the sutures in your eyelids will be removed.
- Make-up may be used one week following the procedure.
- Avoid direct sun exposure.