

INSTRUCTIONS FOR BLEPHAROPLASTY PATIENTS

Surgery Date: ____ / ____ / ____ Surgery Time: _____ AM PM Time of Arrival: _____ AM PM

Pre-Operative Instructions:

- ⇒ No Aspirin-containing medications two (2) weeks prior to surgery. Review DRUGS THAT CAUSE BLEEDING PROBLEMS document. Limit vitamin E to less than 400 mg daily.
- ⇒ We recommend taking ARNICA MONTANA before/after surgery to help decrease bruising & swelling and Vitamin C
- ⇒ Use Anti-bacterial soap in the shower daily a minimum of three (3) days prior to surgery
- ⇒ Report any signs of cold or infection within two (2) weeks of surgery
- ⇒ Make EVERY effort to stop smoking three (2-3) weeks before surgery. Review/sign SMOKERS CONSENT document if applicable
- ⇒ No alcohol for five (5) days prior to surgery
- ⇒ Make arrangements for transportation home after surgery and care for the first 24 - 48 hours after surgery

Night Before Surgery Instructions:

- ⇒ Nothing to eat or drink after midnight the night before surgery

Day of Surgery Instructions:

- ⇒ Nothing to eat or drink (including water, gum, candy, mints, etc.)!
- ⇒ Only take medications if instructed by us with a sip of water
- ⇒ No smoking
- ⇒ Wash surgical area with anti-bacterial soap
- ⇒ Wear loose fitting clothing, nothing over head & wear tennis shoes or slippers (slip-on shoes)
- ⇒ Do not wear jewelry (or remove before surgery)
- ⇒ No make-up, including eye make-up, lotions, moisturizers, creams and no contact lenses
- ⇒ It is recommended to bring medications with you
- ⇒ Remember to bring a pair of sunglasses to wear home

Post-Operative Instructions, Recovery:

- ⇒ First 24 hours after you return home from surgery, bed rest. You may use the bathroom.
- ⇒ Fluids are extremely important. Drink fluids such as Gatorade, clear juices or water.
- ⇒ There will be bruising and swelling about the eyes which will be maximal at 48 hours
- ⇒ Your eyes will not be bandaged. To keep swelling at a minimum, use cold saline compressed using gauze sponges for the first 12-18 hours. Directions for cold saline: (a) Mix in clean mixing bowl-one tablespoon of salt in one quart of water. Keep ice cubes floating in bowl, (b) Every 10 minutes, wring out a sponge in the iced saline solution and place over eyes, (c) You may use the cold compresses as you wish after the first day for your comfort.
- ⇒ Keep head higher than the heart at all times. The first night after surgery is the most critical. If you have a recliner chair you may benefit from using it the first night. Sleep on at least 2 or more pillows for the next several weeks
- ⇒ Wear sunglasses as needed to prevent squinting
- ⇒ Sutures will be removed in 4-7 days
- ⇒ Make-up can be applied in 7-10 days after surgery. Hair may be shampooed in 24 hours-Colored in 5 days
- ⇒ No smoking for 4-6 weeks or alcohol for 2 days after surgery - this will slow our recovery process and inhibit proper healing.
- ⇒ Take medications according to instructions. Do not take aspirin containing medications for 3 days after surgery, and limit vitamin E to 400 mg daily.
- ⇒ If you have excessive bleeding, pain, or temperature elevation over 100 degrees, call the office at 248-720-2544.

If there are additional questions or concerns, call our office at 248-720-2544 or
the Dr's answering service at 248-544-6989

FOLLOW-UP APPOINTMENT: _____