

Instructions for Blepharoplasty Patients

Before Surgery:

- Do not take aspirin or aspirin-containing products, ibuprofen (Advil, Motrin, Nuprin), naproxen (Aleve, Naprosyn), or high doses of Vitamin E for two weeks prior to and after the surgery.
- You must have someone drive you to and from the surgery. It is recommended that someone stay with you the first 24 hours after surgery.
- On the morning of surgery, you may brush your teeth and rinse your mouth. Do not wear make-up, nail polish, jewelry, or contact lenses. Wear loose fitting clothing that can easily be removed and put on (button down or front zipper shirts are preferred).
- Do not eat or drink anything after midnight the night before surgery.
- If you smoke, you need to **STOP SMOKING** and avoid second-hand smoke. This is imperative to ensure proper healing.

Shopping List: (items that are helpful to have on hand before surgery)

- Gel ice pack or packages of frozen peas or corn that can be placed in clean pillowcase and used for ice packs after surgery for the first 24-48 hours.
- Makeup to use once incision sites are healed.
- Dark sunglasses-Sensitivity to light is normal for several days after surgery. Bring them with you the day of surgery.
- Oral Benadryl (generic: diphenhydramine) for use if itching occurs during the healing process to prevent rubbing of the eyes.
- Sun block-Use for 9 months after surgery to avoid sun exposure to your incisions.

After Surgery:

- When resting, keep your head raised on two to three pillows for one week following surgery. Sleeping in a recliner works well, also. This will decrease swelling and discomfort.
- You will be given a prescription for pain medication. Take it as directed. It is important that the medication be taken with food to decrease stomach upset. You will also be given a prescription for steroids to take as directed. This will help alleviate swelling after surgery.

- Apply cold compresses or a gel ice pack to your eyes for 24-48 hours after surgery.
- You will return to see a doctor one to five days following surgery.
- Stitches are removed within one week after your surgery. During this time, it is critical that you avoid sun exposure to your incision sites; use a sun block at all times!
- The majority of swelling will resolve within 10-14 days after surgery.
- You may use makeup once the incision sites have healed.
- Avoid strenuous activities such as jogging, aerobics, or tennis for two weeks after your operation. Walking is permitted.

Contact the office or hospital immediately if you experience sudden or gradual loss of or change in vision, excessive swelling- especially one eye more than the other, or bleeding.

If you have any questions or concerns, please do not hesitate to call the Plastic Surgery office at 414-805-5440 during business hours.