



PRE & POST OP INSTRUCTIONS FOR BLEPHAROPLASTY (EYE LID) SURGERY

Eye lid Surgery Preparation:

An eyelid surgery procedure may take approximately one to two hours, depending on the extent of treatment. Prior to the start of your procedure, the treatment area will be cleansed and will be performed under local oral sedation, in which the eyelids and surrounding areas are numbed and you are in a relaxed state. This is done on an outpatient basis.

- Avoid Ibuprofen (Advil), aspirin, excessive quantities of Vitamin E (the small amount contained in most multi-vitamin preparations is not harmful), and all anti-inflammatory products for two weeks before surgery, as these inhibit the clotting mechanism, increase your chances of unnecessary operative bleeding and subsequent bruising (see the list of medications to avoid provided in your pre surgical packet).
- All patients will be asked to stop smoking at least two weeks prior to surgery in an effort to maximize your body's ability to heal the incisions following the operation.
- Prior to your procedure, thoroughly cleanse your face using a bland soap such as Ivory, or glycerin soap such as Neutrogena.
- Regular makeup may be worn until the night prior to surgery, but please pay extra attention to insure removal of your makeup the night before surgery and wash your face again thoroughly on the morning of your surgery. Do not apply anything (including moisturizers) to your eyes or face on the morning of surgery, and please be sure your mascara and eyeliner have been removed.
- Start taking Arnica Montana (5) days prior to your procedure. Arnica instructions are in your folder.
- Wear loose fitting clothing on the day of surgery, which will be easy to get into after your surgery (a shirt or sweat suit with a zipper or buttons is ideal). Do not wear anything that has to be pulled over your head.
- It is necessary that someone drive you to our surgical facility and accompany you back home after your surgery because your eyes will be swollen and you will be unsteady after receiving oral sedation medication and pain medication.

Eye lid Surgery Recovery:

- As with any surgical procedure, you will likely experience some discomfort, swelling, and bruising which can be alleviated by using cold compresses and taking your prescribed pain medication.
- If you wear contact lenses, you will not be able to wear them for 2 weeks after surgery.
- **ONLY FOR LOWER EYE LID SURGERY:** You will need to purchase Lacrilube Lubricant Eye Ointment. Lubricant Eye Ointment provides strong, soothing nighttime relief for more intense dry, irritated eyes and is ideal for use at bedtime. You will also be given a prescription of Maxitrol, an ophthalmic antibiotic eye drop medication.
- Non-absorbable sutures are typically removed in seven days, and you will begin to notice an improvement in the bruising around your eyes in a week to ten days.
- Although you will feel well enough to return to work in approximately a week, you should continue to avoid strenuous activity such as heavy lifting or exercise for at least two weeks following the procedure.