

### **Blepharoplasty: Pre-operative Instructions**

Do not take aspirin, ibuprofen, herbal medications, fish oil or vitamin E for 14 days prior to surgery. It is OK to have a light breakfast before office surgery, not if in a surgery center.

Have your prescriptions filled before the day of surgery and take your pre-op medication as directed. Review the medication information and instructions for use from your pharmacy prior to taking medications. Take Tylenol 1000 mg one hour before surgery and then every 6 hours as needed for pain. Start on the morning of surgery.

I encourage you to use the Inflammatory Arnica products both orally and topically for minimizing bruising and swelling. Start the drops 5-7 days before the procedure.

Prepare some small bags with frozen peas or crushed ice for use post-operatively.

Wear comfortable clothing that does not pull over your head and slip on shoes on the day of surgery.

Arrange for a ride to and from the procedure and have someone stay with you for at least the first day.

### **Post-operative (after surgery) Instructions**

Rest with your head supported in an elevated position, such as in a recliner. Sleep with your head and shoulders elevated on several pillows as well.

Have a non-strenuous activity level, no bending, straining or lifting. Walking is fine for a few minutes at a time. Don't bend over to tie shoes, etc.

Use ice packs for 20 minutes of each hour that you are awake and a refrigerated cool cloth for another 10 minutes of each hour while awake.

Clean your wounds at the suture line using a Q-tip with hydrogen peroxide diluted in half with water twice a day. Apply the Bacitracin ointment to the suture line after cleaning. It is safe to shower in 24 hours if your eyes are closing well and wash right over the wounds, do not let the shower spray your face directly, rinse with your hands.

Suture removal is usually done within one week. You can expect swelling and discomfort in the first couple of days after surgery. Resolution of swelling and bruising is usually complete by three weeks from surgery. If you are experiencing increasing pain or pressure in an eye or visual changes please call immediately.