

**About your Blepharoplasty Procedure**

**The weeks Prior to Eyelid Surgery:**

In the weeks leading up to your Blepharoplasty, it is important to cut down (if not eliminate) smoking and drinking alcohol. If you take Vitamin E supplements, cease taking them in the weeks prior to your surgery. In addition, avoid ginko biloba and ginseng as these are believed to prolong bleeding after surgery. For the same reason, aspirin or any other medication containing aspirin or ibuprofen should also be avoided in the weeks leading up to surgery. Be sure to ask your surgeon about acceptable alternatives to these drugs. Lastly, continue to take prescription medications and daily medications as long as they have been approved by your surgeon.

**The Day Before Eyelid Surgery:** On the day before your eyelid surgery, confirm your arranged transportation to and from the clinic and make sure you have the following items stocked at home:

* Ice packs/ice
* Clean washcloths
* Gallon size Ziploc bags to make icepacks
* Sterile gauze pads
* Bottle of acetaminophen
* Bottle of artificial tears
* Groceries for the week

**The Day of Eyelid Surgery:**

* Shower, shampoo and wash eyebrows before procedure
* Makeup/cosmetics should not be worn
* Leave false eyelashes, contact lenses, jewelry and unnecessary accessories home.
* Eat a good breakfast
* Take normal medications-except aspirin, Ibuprofen, or nonsteroidal anti-inflammatory medications

**Arranging Transportation and Aftercare:**

It is imperative that you arrange for someone to transport you home after your eyelid surgery. Make sure that you clearly understand your post-operative care instructions as they are vital to a quick, comfortable and safe recovery from blepharoplasty. Eyelid surgery is performed with pre-operative sedative medications and local anesthesia. During the initial recovery process, patients can expect redness and swelling around the incision areas. The eyes may tear excessively. Any dryness that occurs in the eyelid area can be alleviated by applying Vaseline ointment. However, patients may experience a temporary blurring of vision as a result of using the ointment. In general, temporary blurred vision is one of the common side effects of eyelid surgery. Recovery may also include temporary sensitivity to light.

**Care After Eyelid Surgery:**

After upper and lower blepharoplasty surgery, the eyelids typically feel tight; accompanying soreness may be treated with analgesics. The eyelid area should be cleansed gently with Cetaphil or CeraVe cleanser and rinsed with warm water. In the shower allow water to run over eyelids. For the first week following surgery, the incisions should be treated with Vaseline ointment to keep them lubricated at all times. Cold compresses can be placed on the eyes to reduce swelling as well. Ibuprofen, naproxen and aspirin should be avoided for one week post-surgery. Tylenol may be taken for any discomfort. Eye drops will be necessary to help keep the eyes from drying out. You will be given oral herbal supplements to help minimize bruising and swelling.

In the first week after the procedure, patients should avoid any activities that may dry the eyes including long periods of reading, watching television, wearing contacts or using a computer. Swelling and bruising can be minimized by keeping the head elevated as much as possible during the first few days of recovery. Your sutures will be removed seven days after eyelid surgery. Sleeping elevated for the first few nights is helpful to decrease swelling. Ice packs can be applied 10 minutes every hour for the first few days as well. For the first couple of weeks following the surgery, dark sunglasses are recommended to protect the eyes from irritation caused by sun and wind. Patients may notice that their eyes tire easily for the first several weeks of the recovery period; frequent naps are recommended.

Throughout the first three to four weeks after surgery, any activities that increase blood flow to the eyes should be avoided. This includes bending, lifting, sporting activities and even crying. Your physician will inform you when your exercise regimen can be resumed. Recovery from eyelid surgery generally takes several weeks. Redness and swelling will resolve with time.

Any questions please call 479- 273-3376 or after hours 479-426-4373.