

INSTRUCTIONS FOR EYELID SURGERY (BLEPHAROPLASTY)

BEFORE SURGERY

- Quit smoking at least 6 weeks prior to surgery as nicotine can impair and delay healing.
- Stop all aspirin containing products, medications that contain blood thinners (Motrin, Advil etc.), Vitamin E and herbal supplements 2 weeks prior to surgery. You can take 1 multivitamin a day.
- Let the doctor know all medications taken daily.
- Surgery will need to be cancelled if there is any chance that you are pregnant.
- If you have a menstrual cycle, please wear a feminine napkin. Do not wear a tampon.
- If you develop an illness right before your surgery, let your surgeon know. A simple cold could cause complications with the anesthesia. You may need to postpone your surgery.
- Be aware that you will not be able to fly for two weeks following your operation.
- Arrange for someone to drive you to and from surgery, as well as to stay with you postoperatively to help you at home for 1-2 days.
- Most patient return to work in 10-14 days.

THE DAY OF SURGERY

- Do not eat or drink anything after midnight before surgery (including water, gum and candy), unless you have been told that it is ok because your procedure is being done under local anaesthetic.
- You may shower and shampoo your hair the night before or morning of your surgery.
- You may brush and rinse your teeth, but do not eat or drink anything.
- Do not wear makeup or moisturizers on your face or eyes.
- Remove all nail polish from your fingers, toes (even clear) and acrylic nails. If you have acrylic nails, one nail must be removed. Do not wear perfumes or scented products.
- Do not bring any jewellery or valuables with you on the day of surgery.
- Wear comfortable, loose-fitting clothes, preferably button up or zipped up top. No pullover tops.
- Wear flat, comfortable shoes. Remove contact lenses, dentures and nipple rings before surgery.
- Someone must drive you home and stay with you the first night. Please plan your ride to be available at the time you are discharged. This could be early in the morning or late in the afternoon. Please have a ride available on short notice.
- Arrive 2 hours before surgery as instructed during your pre-op appointment.
- Bring your Health Card.

AFTER SURGERY (POST-OP) INSTRUCTIONS

- Rest allows the body to heal. Sleep with your head elevated 45 degrees for several days to minimize swelling.
- Follow a balanced diet. Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- If you are taking vitamins with iron, resume these as tolerated.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin until approved by your physician.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- Start walking as soon as possible. This helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Avoid activities that raise our blood pressure, including bending and rigorous sports.
- Do not lift any items over 5 pounds.
- Keep activities to a minimum for 3-5 days.
- Avoid strenuous activities for 2-3 weeks.

WHAT TO EXPECT

- Occasionally, the eyes are bandaged for the first night.
- Maximum discomfort should occur in the first few days, improving each day thereafter.
- Expect temporary swelling of the eyelids, tightness of lids, bruising, dryness, burning and itching of the eyes.
- You may have gummy eyes for approximately 1 week.
- For the first few weeks, you may experience excessive tearing, sensitivity to light and double or blurred vision.
- You may have difficulty closing your eyes when you sleep.

INCISION CARE

- Keep steri-strips (tapes) on. If steri-strips come off, you can replace them if provided with additional strips.
- Keep incisions clean with soap and water and inspect daily for signs of infection.
- Use cold saline compresses for the first 24 hours for comfort and to reduce swelling and bruising. A small bag of frozen peas or corn may also be used on top of the eye pads. Make sure the bag is not placed directly on the skin. Use a washcloth or towel between the bag and your skin.
- You will have sensitivity to sunlight, wind and other irritants for several weeks, so wear sunglasses and a special sun block made for eyelids.
- Sleep with the head of the bed elevated or use 2-3 pillows. Absolutely no bending, lifting or straining. If you have little children, bend at the knees or sit on the floor and let them climb on to your lap.

- Your hair can be shampooed 24 hours after surgery allowing an indirect flow of warm water to wash over the wounds. (Do not let water directly strike the wound and do not immerse or soak the wounds.)
- You may have your hair washed at a salon 1 week after your surgery, but DO NOT sit under a hairdryer – use a hand blow dryer on cold setting.
- Avoid excessive smiling or yawning for 1 week.
- Do not pull or stretch the eyelids for the first 10 days following surgery.
- It is important that the surgical incisions are not subjected to excessive force, abrasion or motion during the time of healing.
- Wait at least 2 weeks before wearing contact lenses.
- Avoid exposing scars to sun for at least 12 months (1 year). A hat and sunglasses are a good idea. Always use a strong sun block, if sun exposure is unavoidable (SPF 30 or greater).
- Do not use mascara, eyeliner, or eye shadow (usually 10-14 days after suture removal).

APPEARANCE

- Bruising and swelling of the eyelids may last 2-6 weeks.
- Healing is a gradual process and your scars may remain slightly pink for 6 months or more.
- Facial makeup can cover up bruising after the sutures are removed.

WHEN TO CALL

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4° F or 38.5° C.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odour.
- If you have bleeding from your incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.