

*Blepharoplasty, is a type of surgery that removes excess skin from the eyelids. With age, eyelid skin stretches, and the muscles supporting them weaken. As a result, excess skin and fat can gather above and below your eyelids. This can cause sagging eyebrows, droopy upper lids and bags under the eyes.*

## PLANNING FOR SURGERY

### ONE MONTH BEFORE SURGERY

- Secure any pre-surgical physicals, laboratory tests and EKGs, if required by your surgeon. Not all patients will require these tests to be performed, but if needed, don't wait to the last minute.
- Practice a healthy lifestyle including proper diet and exercise. Staying fit and healthy can only increase your chances for a quick recovery.
- Have your hair cut and colored as needed. This is a great time to make that salon appointment.

### 2 WEEKS BEFORE SURGERY

- Stop taking certain medications, including aspirin, ibuprofen and vitamin E, which can increase your risk for certain surgical complications.
- Avoid using any nicotine from this point on, including cigarettes, pipes, chew, vapes and even smoking cessation patches. Nicotine can interfere with healthy circulation through your body, which can slow your healing from surgery and increase your risk of complications.
- Add 500mg of Vitamin C and a multivitamin to your daily routine to improve your general health and prepare your body for healing.
- Make plans for your accommodations. Arrange for a family member or friend to drive you safely to the surgery center and home.
- Start preparing a recovery area- a designated space in your home that is comfortable and easily accessible. Gather pillows, blankets, comfortable clothes, neck pillows, entertainment, healthy snacks, water and medical supplies.
- Wear sunscreen daily to avoid sun damage- especially to your face!

## RECOVERY EXPECTATIONS

### DAY OF SURGERY

After surgery, you may feel unsteady and sleepy. This is usually when you most need pain medication to say on top of discomfort. Take the prescribed pain medicine (Norco) or Extra Strength Tylenol as needed. You should wear loose clothing that fastens in the front for 1 week.

### FIRST WEEK

**SWELLING** and **BRUISING** of the surrounding tissues is completely normal. The bruising and swelling will be greater on the second or third day, but usually does not last more than one week. Occasionally, swelling will cause the lower eyelid to become separated from the eyeball. This will resolve as swelling subsides.

**DIZZINESS** and **MILD DISCOMFORT** can be expected. This generally will clear up after a few days. Be sure to drink plenty of fluids. There is usually little pain following your procedure, but any pain can be eased with your prescribed pain medication (Norco) or Tylenol. Small episodes of sharp pain or itching is completely normal during the healing process as well.

**BLURRED VISION** or **DRY EYES** may be experienced after surgery. You can use saline eye drops or Refresh eye ointment at night. This is temporary and will soon resolve on its own. Rarely, the whites of one or both eyes may become partially discolored, this will resolve.

**MILD DEPRESSION** may be experienced after cosmetic surgery. This is related to the shock of seeing your eyes swollen and discolored. Remember this is a temporary condition and will get better day to day.

**NUMBNESS** and **LUMPINESS** may be experienced in areas of the eyelids after surgery. This is normal and will resolve within a few weeks.



## DAILY CARE



### Sutures

Occasionally, crusting will occur around the sutures. This is normal and will resolve. Showering daily will minimize crusting. Sutures will be removed 6-7 days after surgery and the scars will appear a deep pink color that will fade with time. The firmness of the scar will also soften and become less noticeable. This process takes time and will heal within approximately one year. Do not try and remove crusting or sutures by yourself.



### Showering

You may wash your hair and face the next day after surgery. Continue to wash your hair daily using your normal shampoo and cleanser. Do not cleanse the eye area.



### Icing

Iced gauze should be applied to the eyes for 20 minutes every hour for the first 48 hours. Wet the gauze with water, place in a bag and put it in the freezer. This will help with bruising and swelling.



### Glasses

You can wear eyeglasses or sunglasses the day of surgery. Contact lenses can be worn one week after upper eyelid surgery and 2 weeks after lower eyelid surgery.



### Sleeping

Sleep on your back with your head **elevated about 30-40 degrees** (2 pillows). You are encouraged to sleep this way for 1 week to minimize bruising and swelling.



### Medication

Take the prescribed pain medicine (Norco) or Extra Strength Tylenol as needed. Continue taking your antibiotic (Keflex or Doxycycline) as prescribed until it is finished. You may take the prescribed sleeping pill (Restoril) as needed. To avoid an upset stomach, eat something before taking any medication. You will also be prescribed an anti-nausea medication (Zofran) that can be taken as needed.



### Ointment

**UPPER EYELIDS ONLY:** with a Q-Tip, apply a small amount of prescribed ointment (neomycin-polymyxin-dexameth) to the upper eyelid incision line for one week. Stop using Bacitracin after the sutures are removed.

## THINGS TO AVOID AFTER SURGERY



### Restricted Medications

Do not drink alcohol while taking pain medication. Avoid taking aspirin (Excedrin) and ibuprofen (Advil, Motrin, Aleve) for 1 week after surgery. Acetaminophen (Tylenol) can be taken for occasional aches and pains.



### Movement

Avoid bending over or lifting heavy objects for 2 days. No strenuous exercise for 2 weeks. No contact sports for 5 weeks. Avoid straining on the toilet- you will be prescribed a stool softener (**Colace**) that can be taken as needed.



### Cosmetics

Do not apply hair coloring for 1 week after surgery. Avoid tweezing your eyebrows for 2 weeks. Eye shadow and false eyelashes should not be applied until 10 days after surgery. You can camouflage the discoloration around the eyes with makeup before you come to the office to get sutures removed. Bring it near the line of incision, but do not apply makeup over the incisions themselves for 1 week after the sutures have been removed.



### Direct Sun

Avoid direct sun to the face for 1 month. If outside, make sure to wear sunscreen, sunglasses and hat.



### REPORT

Report any excessive bleeding that persists after applying pressure for a minimum of 20 minutes. Report any signs of infection such as excessive swelling, redness, sudden increase in pain or drainage and elevation in temperature (greater than 100.3 degrees). Report development of any drug reaction (rash, hives and/or itching).

