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Plastic Surgeon

Postoperative Instructions After Eyelid Surgery

PREOPERATIVE INSTRUCTIONS

1. **DO NOT TAKE ANY ASPIRIN PRODUCTS or Vitamin E for 3 weeks prior to or after surgery. Do not SMOKE for three weeks before or after surgery.**
2. Aspirin thins the blood, causing you to bleed and bruise more. You may take Tylenol (Paracetamol). Do not drink alcohol for 10 days before or after surgery.
3. Fill the prescriptions that we give you before surgery
4. A preoperative eye examination including visual acuity testing is required from your eye doctor or optometrist before surgery. Visual field-testing and a tear (Schirmer's) test may also be required.
5. Wash your face thoroughly prior to surgery. Please DO NOT apply any make-up or moisturizer.
6. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY.** The only exception is medication, which we instruct you to take with a sip of water the morning of surgery.
7. Please wear a button down top to the office on the day of surgery. Wear sweat pants, sneakers, socks and sneakers or sturdy shoes. No high heels and no sandals. Do not wear make-up, jewelry or panty hose.
8. Please have your EKG and blood tests (if ordered) completed 10 days before surgery

POST OPERATIVE INSTRUCTIONS

1. Your surgery will take approximately two hours, and then you will go to the recovery room until you have awakened from the anesthesia. If you are having outpatient surgery, someone must drive you home and remain with you for 24 hours after surgery.
2. After surgery, pressure bandages will be applied to the eyes to help reduce the bruising and swelling. They will be removed before your return home. Most of the bruising and swelling will be gone by the end of 2 weeks. The lower eyelids are swollen for longer than the upper eyelids. Supportive tapes are applied to the lower eyelids as necessary.
3. For three weeks after surgery, do not smoke; do not drink regular coffee or soft drinks containing caffeine for 10 days before or after surgery. Do not sit in the same room as a smoker.
4. Please keep your head elevated as much as possible after surgery to reduce swelling.
5. Do not put your head below your heart • Do not do any strenuous activity • Do not strain during a bowel movement • Do not take pain medication on an empty stomach since it may cause vomiting. All of these factors will raise your blood pressure and cause bleeding around the eye which can cause impairment of vision and may require emergency surgery.
6. **Please use frozen peas or corn in a zip-lock bag and apply to eyelids for comfort.**
7. The eyelid sutures will be removed in 3-4 days. You may resume your eye make-up in one week.
8. After you are dismissed (1-2 weeks after surgery) you will return to the office again for your 6-week check-up.
9. If you have any questions, please call the office.