



Upper/Lower Blepharoplasty

PRE-OPERATIVE INSTRUCTIONS

Arnica Montana Pellets/Gel are recommended to reduce bruising. These may be purchased at GNC or most pharmacies

- Begin taking pellets 3 days before surgery as recommended on bottle and continue for 1-2 weeks after surgery
- Arnica Gel may be applied to bruised areas of face beginning the day after surgery. DO NOT apply to incisions
- You will be prescribed ointment, pain medication and an antibiotic for use after surgery Please advise Dr. Robbins if you are taking any blood thinning medications (e.g. Warfarin Ibuprofen, NSAIDS, Plavix, Aspirin), These will need to be discontinued prior to surgery per Dr. Robbin's instructions
- **DO NOT** take any of the following 10 days prior to surgery:
 - Anti-inflammatories (ibuprofen, motrin, aleve, advil, aspirin)
 - Homeopathic medications
 - Vitamin E, fish oil, multi-vitamins
- Take a bath or shower daily with an anti-bacterial liquid soap, like dial liquid soap, or hibiclens starting 3 days prior to surgery
- **DO NOT** eat or drink 8 hours prior surgery
- If you are a smoker- Stop smoking 2-3 months prior to surgery. Smoking causes slower and compromised healing time
- **DO NOT** wear jewelry, dentures, hearing aids, or contact lenses the day of surgery
- **DO NOT** wear make-up, lipstick or deodorant, on the day of surgery
- Wear comfortable, loose fitting clothing that buttons in the front
- You will need to arrive 2 hours prior to your surgery time (unless otherwise instructed)

POST-OPERATIVE INSTRUCTIONS

MEDICATIONS

You will be prescribed a **pain**, (Percocet/oxycodone, or Dilaudid/hydromorphone) **anti-nausea** (*Phenergan/promethazine or Zofran/ondansetron*) and **antibiotic**(Keflex/cephalexin,doxycycline, or Cipro/ciprofloxacin) medication. Goal is to stay ahead of the pain so you can rest comfortably and eat/drink without nausea or constipation.

- Your **pain** medication should be taken with food in your stomach, even if you don't have an appetite, have some crackers or yogurt with it

- Your **anti-nausea** medication is prescribed since narcotic pain meds can increase your chance of nausea/vomiting
- Your **antibiotic** is to prevent infection, take the medicine as prescribed beginning the day you get home from surgery until the entire bottle is empty
- **Take ALL of your medications as prescribed, at least for the first 24-48 hours after surgery**

DRESSINGS/SHOWERING/SUTURES

- **No dressing** is applied, but your eyes will have ointment on them so your vision may be blurry.
- For the **first 24 hours, apply gauze soaked in ice water** on eyelids several times a day, soak/ring out excess water/apply to eyelids. (Helps reduce swelling.)
- **Apply Antibiotic Ointment/lacrilube to eyes every night at bedtime**
- Apply Artificial Tears to eyes as needed while awake
- Apply Aquaphor Ointment to areas of face if TCA Peel was performed
- **You may shower 2 days after surgery from your neck down, eyes can get wet starting day 3**
- Sutures will be removed 7 days post-op
- DO NOT wear contact lenses for 2 weeks
- Sleep with head elevated 30-40 degrees or in a recliner for 3 days to minimize swelling
- You may use cold compresses for the first 24 hours for comfort and to reduce swelling and bruising
- No bending over, lifting, or exercise for 1 week post operatively
- Sutures will come out 1 week post operatively
- You will have a prescription for an antibiotic as well as a pain medication, and ointment
- You may resume driving when you are no longer taking narcotics
- You may take *aspirin/advil/aleve/motrin* **3 days post operatively**

What to Expect

- For the first few weeks, you may experience excessive tearing, sensitivity to light, and double or blurred vision.
- You may have gummy eyes for approximately 1 week.
- Expect temporary swelling of the eyelids, tightness of lids, bruising, dryness, burning and itching of the eyes.
- You may have difficulty closing your eyes when you sleep
- Healing is a gradual process and your scars may remain slightly pink for 2 months or more.
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- **When to Call the Office**

- If you have severe pain behind the eye that is not relieved by medication.
- If you are having side-effects to medications, such as rash, nausea, headache or vomiting.
- If you have a temperature > 101.5 degrees.
- If you have drainage from the incisions with foul odor or cloudy color
- If you have bleeding from the incisions that does not stop with pressure.
- Excessive warmth or redness that is spreading from the incision site
- Acute visual changes such as darkening of vision.

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