



Upper/Lower Blepharoplasty

PRE-OPERATIVE INSTRUCTIONS

Three (3) days prior to surgery, you may begin Arnica Montana Pellets which are recommended to reduce bruising. These may be purchased at GNC, most health food stores, or Amazon.

- 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.
- 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. Robbins' instructions.
- **DO NOT** take any of the following 10 days prior to surgery:
 - Anti-inflammatories (ibuprofen, Motrin, Aleve, Advil, aspirin)
 - Homeopathic medications (If you are unsure then do not take)
 - Vitamin E, fish oil, or multi-vitamin
- Take a bath or shower daily with an anti-bacterial liquid soap, (i.e., Dial) starting 3 days prior to surgery. This may be purchased at CVS or Walgreens.
- **DO NOT** eat or drink after midnight the night before surgery. That means NO FOOD OR ANY LIQUIDS INCLUDING WATER the day of 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. NO skinny jeans, leggings or any items of clothing with any metal on them the day of surgery.
- You will need to arrive 2 hours prior to your surgery time. The arrival time is written in your folder.
- You will need a driver the day of surgery to drive you home following your surgery.

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. Our office recommends starting an over the stool softener, MiraLAX, Dulcolax prior to surgery. After surgery it is recommended to take it preventatively every day until you are no longer on the narcotic pain medicine. IF YOU HAVE NOT HAD A bowel movement 3-4 days following surgery then you may take Milk of Magnesia or Magnesium Citrate. These are both available over the counter. Follow the instructions listed on the package. You may be prescribed an eye ointment prescription that is to be placed in the eye. **(SEE ATTACHED MEDICATION LIST)**

- 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. This will prevent nausea caused by the pain medicine.
- 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. This DOES NOT need to be taken prior to surgery.
- **Take ALL your medications as prescribed, at least for the first 24-72 hours after surgery.**
- DO NOT take aspirin or any products containing aspirin or ibuprofen, Aleve, Motrin **until 5 days after surgery.**

DRESSINGS/SHOWERING/SUTURES

- **No dressing** is applied, but your eyes will have ointment in 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 (this is a prescription) in the eyes, NOT ON INCISIONS, every morning and at bedtime. This can make your vision blurry.**
- Apply Artificial Tears to eyes as needed to help with any itching you may experience.
- Apply Aquaphor Ointment to areas of face if TCA Peel (chemical peel) was performed.
- **You may shower 3 days after surgery.**
- Sutures will be removed at your 1 week visit with Dr. Robbins.
- DO NOT wear contact lenses for 2 weeks after surgery.
- Sleep with head elevated 30-40 degrees or in a recliner for the first week to minimize swelling. After the first week you may sleep as you can tolerate.
- No bending over or stooping for the first week after surgery.
- You may walk as much as you like following surgery. However, you cannot lift over 8 pounds, or perform any strenuous or vigorous activities (like running, jogging, weightlifting) until 3 weeks after surgery. You may resume/increase physical activity after 3 weeks as tolerated.

- You may resume driving when you are no longer taking narcotics and your sutures have been removed.
- You may take *aspirin/Advil/Aleve/Motrin* starting **5 days after surgery**.

What to Expect

- For the first few weeks, you may experience excessive tearing, itching, 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.

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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