



Blepharoplasty: What to Expect

Before Your Surgery

- One week before your surgery, please stop taking the following medications:
 - NSAIDs such as Ibuprofen, Motrin, Aleve, Naproxen, etc. as these can increase your risk of bleeding during and after surgery
 - Aspirin and any Aspirin containing medications
 - Cold medications that contain Aspirin or NSAIDs
 - Multivitamins and any over the counter supplements
- Please notify your surgeon's office if you currently take any blood thinning medications such as Warfarin, Plavix, Lovenox or Fragmin
- Please call your surgeon's office if you have any questions regarding medications that you should/should not take before surgery
- Please do not eat or drink anything after midnight the night before your surgery. You may take any necessary medications the morning of surgery with a small sip of water

Hospital Stay

- If you remain in the hospital following surgery you will be discharged the following morning
- After surgery you will likely have swelling around your eyes and will be instructed on applying cold compresses and ointment to your eyes
- Before you are discharged from the hospital your pain will be adequately controlled with oral pain medication

Activity Following Surgery

- No heavy lifting (greater than 10 pounds) or bending over for 2-4 weeks. This may increase pressure in your head and discomfort
- Please keep your head elevated on 2-3 pillows while in bed to help reduce swelling around your eyes
- You may not drive for until you are no longer taking pain medication and have been cleared to do so

Pain

- You were likely prescribed pain medications. Take them as needed for pain. As your pain decreases you will be able to decrease the use of the narcotic pain medication and control pain with Tylenol only. Do not exceed 4 grams of Tylenol per day
- Please avoid taking NSAIDs such as Ibuprofen, Motrin, Aleve, etc. for a minimum of two weeks after surgery. These medications can increase your risk of bleeding
- If you were prescribed a narcotic pain medication, it can cause constipation. In order to avoid constipation, increase your fluid intake you may also need to take a stool softener such as Colace or any of the other over the counter stool softeners
- Do not drive or drink alcohol while taking pain medication as it can make you drowsy and impair your judgment

Diet/Appetite

- You may resume your pre-hospital diet
- Drink plenty of fluids, at least eight glasses of eight ounces each day to help prevent constipation associated with pain medication

Caring for Your Wound

- It is normal to have some bruising and swelling for a few days and even weeks after surgery. You may also notice that your vision is blurred, this usually corrects itself within a few days following surgery
- You should place cool compresses over your eyes for 48 hours after your operation to help prevent swelling. They should be changed every 20-30 minutes to ensure that they remain cold. You may do this by soaking a clean washcloth in ice water, wring it out and place over eyes. Do not place ice directly on skin
- Please keep head elevated on 2-3 pillows when lying down to prevent swelling
- You may sponge bathe or shower but **must** keep any dressings dry at all times
- A small tube of ointment will be given to you as you leave the hospital. This ointment should be applied to your eyes 2-3 times a day, with a small amount applied directly to the eyeball before bedtime. This ointment should be used until your follow-up appointment. The ointment may interfere with vision to some degree. Please be mindful of this when walking around
- Do not use makeup until cleared by your surgeon

Medications Following Surgery

- Resume your pre-hospital medications. Follow up with your primary care physician regarding new prescriptions or refills of your home medications

Follow-Up Appointment

- You will be instructed to follow up with your surgeon for suture removal within 3-5 days. Please call your plastic surgeon's office to schedule this appointment if you were not provided with one at the time of discharge

When to Call Your Surgeon's Office

- It is common to have asymmetrical swelling in upper and lower eyelid procedures, with an asymmetrical degree of discoloration in the eyelid area. Please notify your surgeon of loss of vision or if you experience a feeling that there is foreign material in your eye (the feeling of a piece of sand against the eyeball), or if swelling in the upper or lower eyelid is remarkably asymmetrical and/or creating pressure on the eyeball
- If you have a fever greater than 101°F, chills, nausea, vomiting, shortness of breath, leg pain, increased incisional pain not relieved with pain medication
- If you notice signs of wound infection (redness/tenderness at or purulent discharge from your incision)
- If you have other concerns
- Please call 911 or go to the closest Emergency Department for any life threatening emergencies