



## BLEPHAROPLASTY SURGERY

### Before Surgery:

- ◆ Please stop taking any blood thinners such as Coumadin or Plavix 7 days prior to surgery
- ◆ Please stop taking any aspirin, Advil, Aleve for 7 days before your surgery.
- ◆ Do not color, perm or chemically treat your hair, 2-3 weeks before or after surgery.
- ◆ Remove all eye makeup including eyeliner and mascara the evening before your surgery
- ◆ Make sure to arrange for a drive on your surgery day. Patients cannot drive home after surgery. **If you arrive without a driver to take you home, your surgery will need to be rescheduled.**

### Morning of Surgery:

- ◆ Please take all medications except aspirin with a sip of water.
- ◆ Do NOT use any eye make up or mascara.
- ◆ Please arrive at the office at the time specified on your itinerary. **Arriving later than the stated time could result in the need to re-schedule your procedure.**

### After Surgery:

- ◆ Start using either the Bacitracin ointment or Tobradex ointment, ½ inch every 6 hours (while awake). After the first week, you may be switched to using ointment less frequently.
- ◆ Please use ice packs (frozen peas, etc.) over your eyelids for the first 48 to 72 hours after the surgery. This will help reduce swelling.
- ◆ Your sutures will be removed after about 7-14 days.
- ◆ You may use either the pain medications prescribed by your surgeon, or any over-the-counter medication (Tylenol, Advil, aspirin, etc.) Please do not take pain pills on an empty stomach, as this may cause nausea.
- ◆ If you develop pain that is not managed by medications, please contact our office immediately.
- ◆ Unless told otherwise, continue to use all medications (both oral and eye drops) as before surgery.
- ◆ Keep your head of the bed elevated at all times
- ◆ You will be seen for post-op checks on the day after surgery and one week after surgery.
- ◆ Do not rub your eyes for at least three weeks. You may use a Q-tip very lightly to relieve itching.

**What to Expect:**

- ◆ Your eyelids may become discolored and swollen which is usually maximized in the first 24-48 hours. This is a temporary condition.
- ◆ You may notice that your vision becomes blurry. This is also temporary.
- ◆ If you are not comfortable driving, or operating hazardous equipment, please avoid doing so until your vision is satisfactory.
- ◆ It usually takes several weeks for the swelling to completely stabilize.
- ◆ You may notice increased sensitivity to sunlight.
- ◆ Please wear sunglasses as needed for comfort.
- ◆ If your eyes feel dry or gritty, use artificial tears. You may use them frequently (up to every 2 hours). We recommend Optive®, Systane®, Soothe® Refresh, Bion Tears, Refresh Liquigel®, and Genteal® tears.
- ◆ Refrain from any eyelid makeup for two to three weeks following your surgery.
- ◆ You can resume most normal activities in one week. We ask that you do not perform strenuous exercise or go swimming in the ocean, pool or hot tub for at least 4 weeks following surgery.
- ◆ If any symptoms of pain, temperature above 101.5 F, or loss of vision occur, call our office immediately for advice and instructions. The office number is 310-543-2611. After normal business hours, the call will be handled by the answering service. An eye care professional will be paged and will promptly return your call.