

# BLEPHAROPLASTY

## Pre-Op Instructions for Blepharoplasty

Congratulations on taking the first step towards achieving your aesthetic goals with Blepharoplasty surgery. To ensure a smooth and successful procedure, please carefully follow the pre-operative instructions outlined below:

### Night Before Surgery:

- **Nothing to Eat or Drink:** Please refrain from eating or drinking anything within 8 hours of your surgery, not even water. Failure to comply with this instruction may result in the cancellation of your surgery. However, you may take certain medications with a small sip of water (We will review these medications with you).
- **Antibiotics:** Take your first dose of antibiotics the night before surgery.
- **Set Up Home Recovery Area:** Prepare a comfortable recovery area in your home. This may include pillows, blankets, television, and any other items that will help make your recovery as comfortable as possible.
- **Bathing:** The night before surgery you will take a shower with antibacterial soap, but please avoid applying lotion, perfume or other skincare products. Make sure to wash your face and hair well.

## Day of Surgery:

- **Dress Comfortably:** Wear comfortable, clean, and loose-fitting clothes on the day of your surgery. We recommend warm loose-fitting clothing, a robe and slippers.
- **Avoid Make up, Jewelry, and Nails:** Please do not wear any makeup, cosmetic creams, or jewelry including facial/ear piercings on the day of your surgery. Avoid long, thick acrylic nails.
- **Medications:** Take any medications that our provider has told you to take the morning of surgery with only a sip of water. Bring your medications with you on surgery day.
- **Transportation:** Make sure you have arranged for someone to pick you up after surgery. You will provide us with their contact information. If you receive general anesthesia, you will not be able to drive yourself or take a taxi/uber.

## What to bring with you:

- **Pre-op folder:** Bring your folder with all of your post op instructions
- **Medications:** Bring all prescriptions with you on surgery day.
- **Compression socks/TED hose:** Put your compression socks on prior to surgery.
- **Backpack:** Bring a back pack or small bag to keep your belongings in. Leave valuables at home unless you have a payment that is due the day of surgery.
- **Blanket:** Bring a small blanket.

By following these pre-operative instructions diligently, you will help ensure the safety and success of your abdominoplasty procedure. If you have any questions or concerns, please do not hesitate to contact our office at **214-227-0668**.

We look forward to assisting you on your journey to a more confident and rejuvenated you.

Sincerely,  
*Noble Cosmetic Surgery*

## Post-Operative Instructions for Blepharoplasty

It is essential to follow these post-operative instructions carefully to ensure a smooth and comfortable healing process:

### Medications:

- **Pain Management:** You will be prescribed pain medication to alleviate post-operative discomfort. If your pain is mild, you may opt to take Tylenol instead, but avoid combining it with the prescribed medication. Take your pain medication with food to minimize the risk of nausea. Do not take any NSAIDS (Ex: Aspirin, Ibuprofen, Motrin, Excedrin)
- **Antibiotics:** Take your antibiotics as prescribed. Finish all antibiotics.
- **Eye Drops:** Use over the counter lubricating eye drops as needed.
- **Arnica:** Take over the counter arnica tablets as directed. This will help with bruising and swelling.
- **Nausea:** Nausea is common after surgery, especially with anesthesia and strong medications. If you experience nausea, take the prescribed medication as directed.
- **Constipation:** Narcotic pain relievers and anesthesia can cause constipation. Start taking an over-the-counter stool softener (Dulcolax soft chews, Colace, Miralax) to avoid constipation.

- **Medications to Avoid:** Only take medications approved or prescribed by your surgeon to prevent complications.

### **Nutrition:**

- **Diet:** Start with liquids after surgery. You can transition to a regular diet as long as you don't experience nausea or vomiting. If you experience pain and swelling while eating, choose soft foods that require minimal chewing. Increasing your protein intake will help with your healing process.
- **Hydration:** Drink 8-10 glasses of water daily to stay hydrated. Even if you don't have much of an appetite make sure to drink plenty of water and protein shakes. Avoid alcohol for at least 48 hours and while taking pain medications.

### **Sleep:**

- Sleep with your head elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side. Keeping your body more upright will minimize swelling. Continue this for one to two weeks.

### **Ice Packs:**

- Apply ice packs to your eyes for 15-20 minutes every hour for the first two days while you are awake.

## Activity:

- **Movement:** It's crucial to move around immediately after surgery. Move your legs and ankles while lying down and take deep breaths to keep your lungs clear. This decreases your chances of developing blood clots and pneumonia. Make sure to get up and walk every 2 hours while awake.
- **Activity:** Normal daily activity may be resumed a few days after surgery. No bending over, straining, or lifting more than 5lbs for the first week after surgery. Any strenuous movements will increase blood flow to the area causing more swelling and pain to the surgical area. Be extremely careful if wearing any “pull-over the head” clothing.
- **Limit Strain on the Eyes:** The less time you spend on screen devices (TV, phone, computer, and tablet) the less strain on your eyes and better your healing and recovery will be.
- **Sun Exposure:** Avoid sun exposure while healing. You may choose to wear over-sized sun glasses and a sun hat to protect your eyes if outside.
- **Driving:** Do not drive if you have substantial eye swelling or any visual difficulties while your eyes are healing. Refrain from driving or making important decisions while on pain medications. Wait at least 6 hours after discontinuing pain medication before operating a vehicle.
- **Travel:** Take breaks during automobile travel every 2 hours to prevent blood pooling and clots. Avoid airline travel for the first week post-surgery due to increased swelling.

- **Return to Work:** Most patients require minimal time off work, depending on job responsibilities. Consider returning to work once your sutures have been removed.
- **Sexual Intercourse:** Do not resume sexual activity until cleared by the doctor.

### **Bathing:**

- **Showering:** You may shower the day after surgery. Avoid getting your incisions wet. You may gently wash your face, but avoid wiping the incisions. Do not use any scar treatment, ointments, lotions, or other skincare creams on the incision until instructed to do so.
- **Hot Tubs/Swimming Pools:** No hot tubs, swimming pools, or submerging face under water until cleared by the doctor.

Please adhere to these instructions closely to optimize your recovery and achieve the best possible results. If you have any questions or concerns, do not hesitate to contact our office.

Wishing you a speedy and comfortable recovery!

## Post-Care Instructions: Incisions

### How to Take Care of Your Incisions:

- **Incisions:** Occasionally, crusting will occur around the sutures. This is normal and will resolve. Do not try to pull off any crusts. Showering daily will minimize crusting. Apply your antibiotic ointment daily to keep incision sites moist.
- **Sutures:** At your follow up appointment, we will remove all necessary sutures. Sutures are usually removed 5-7 days after your procedure.
- **Scar Treatment:** After your incisions have completely healed and when your doctor has told you it is safe, you can begin to use a silicone-based gel on your scars to improve healing.
- **Sun Exposure:** Avoid and minimize sun exposure. Use an SPF of 30 or greater when outdoors. Even a mild sunburn can worsen swelling, irritate an incision that is healing, and cause permanent scar discoloration.

### What to Expect:

- **Drainage:** Drainage from incision sites is normal for the first 24-72 hours, usually blood-tinged. If needed, use gauze or a light pad to reinforce post-op dressings.
- **Swelling and Discoloration:** It is completely normal for your eyes to appear swollen as well as have purple-bluish bruising around the eye and eyelid. The bruising will be greater on the second and third day after your surgery. This is temporary and over the course of the next six weeks this



will improve. Cool compresses will minimize swelling and bruising.

- **Mild Bleeding:** Some mild bleeding is not unusual at the incision sites the first few days after surgery. If you do any strenuous activity, increase your blood pressure by straining on the toilet, sneezing, heavy lifting or bending forward you will aggravate the bleeding and swelling.
- **Numbness around the eyes:** Parts of the eyelids may feel “numb” or lumpy after the eyelid operation. This is temporary and to be expected and may take months to feel normal again.
- **Pain and Itching:** It is normal to experience tightness, pressure, shooting pain, itchiness, soreness, and fatigue for several days to weeks following surgery as you recover. You may use artificial tears or lubricating eye drops to reduce itchiness.
- **Blurry Vision:** Patients often experience some blurring of vision for 2-3 days after surgery. This is generally due to swelling and/or ointments that have been used during surgery.
- **Weak or Dizzy:** You may experience some weakness or dizziness. This may be more evident if you try to stand up too quickly. Take a minute to go from lying down to standing. The sensation of feeling lightheaded will get better in a few days and by staying well hydrated.

## **Emergency Situations - When to Seek Medical Attention:**

- **Signs of Infection:** Including spreading redness, increased drainage or pus, worsening pain, warmth at incision site, and fever over 101°F.
- **Excessive Bleeding:** If dressings are saturated with bright red blood and require frequent changes.
- **Other Emergencies:** Such as difficulty breathing, chest pain, severe vomiting, asymmetric swelling in your legs, or severe visual changes.

**For any concerns, please call our office at 214-227-0668 or seek immediate medical attention by calling 911.**

We're here to support you throughout your recovery journey.

## Checklist for Blepharoplasty

Items to purchase:

1. Triple antibiotic ointment or Neosporin
  2. Arnica tablets (over the counter)
  3. Lubricating eye drops for dry eyes (Over the counter)
  4. Ice packs
  5. Stool softner (Colace, Miralax, Dulcolax soft chews)
  6. Compression socks
- ✓ Prescribed Medications: Ensure you have pain, nausea, and antibiotic prescriptions, antibiotic ointment, arnica tablets, eye drops.
  - ✓ ASK OUR STAFF ABOUT OUR IV VITAMIN SERVICES (you can get this on the day of surgery & at your follow up appointment)