

**Amelia Pare' MD Plastic Surgeon**

**123 Hidden Valley Road, McMurray, PA 15317 724-941-8838**

**BLEPHAROPLASTY**

*Insurance Criteria: Blepharoplasty of the upper eyelid is considered medically necessary when the upper eyelid rests on the eyelashes and there is impairment of the visual field testing. The Visual Field must be scheduled at an eye doctor's office and must show a visual field loss of 20 degrees or 30%. Photos will need to be submitted to the insurance company for preauthorization.*

*We encourage patients to call their members services number on the back of their insurance card with **Diagnosis code H02.30** and **Procedure code 15823-50** to determine the patient's out of pocket costs (copayment, deductible and coinsurance). Fenner is our billing company 412-788-4995. You may receive a bill from Tristate anesthesia (412-831-3744) or Tristate Surgery Center (724-225-8800 x110) or Pathology Assoc. of Washington (412-323-4400).*

**Preoperative instructions for blepharoplasty** All pretesting lab work (CBC-blood work) must be completed within 30 days of your surgery. An EKG is required when over 50 years old and is valid for 6 months. Cardiac clearance will be required for any EKG abnormality for anesthesia. Do not use aspirin products two weeks prior to surgery; Tylenol may be substituted. Quit smoking for at least 4 weeks prior to surgery. Smoking delays wound healing. Do not use alcohol 24 hours prior to surgery. Do not eat food or drink after midnight before surgery. Fill prescriptions prior to surgery and take as directed. Please start your antibiotics the evening prior to surgery. Pain medication may be used after surgery and will not be refilled. Do not wear make-up, jewelry, contacts or hair accessories on the day of surgery. Wear comfortable clothing and a shirt that buttons up front. You may want to begin taking a probiotic or yogurt with active cultures daily following surgery. Antibiotics can be tough on your digestive system. If you care for family or pets, make arrangements to have assistance for 7-10 days. Please make a *saline solution* by combining 1 teaspoon salt per 2 cups of hot water. Once it is dissolved, you may place it in the refrigerator. Moisten a face cloth in the solution and place it into the freezer to use on the eyes postop. *Arnica* may used to reduce swelling and bruising.

**Tristate Surgery Center** at 80 Landings Dr, Suite 101, Washington, PA 15301 will contact you via text or email to allow you to register in advance via a link

**What to expect on the day of blepharoplasty surgery?** Arrive at the Tristate surgery center at the specified time. Bring your license and insurance cards. The blepharoplasty surgery will be performed under general anesthesia. You will receive an IV prior to surgery that will be used for fluids and medications. Your surgery will be outpatient and all patients will require someone to drive them home after surgery.

**Postoperative instructions for blepharoplasty:** Drink plenty of fluids, preferably clear liquids, no carbonated or caffeinated drinks. We encourage you to start with liquids and then progress to solid foods. 60 gm protein is required daily. Swelling and bruising may occur. Arnica may be started the night before and used for 4 days to decrease bruising. Avoid alcohol while taking medications. Take antibiotics until they are completed. Pain medication may be taken as needed and constipation may result. Magnesium citrate may be used to relieve constipation and should be used early in the morning. Do not take more than the directed amount of any medication. We suggest that you eat prior to taking medications to avoid stomach upset. You may shower after 24 hours. You may use iced saline soaks for 45 minutes of every hour while awake. Do not submerge the wound in water. Avoid strenuous activities including lifting, pushing, pulling for 4 weeks. Do not lift more than 2-3 pounds for 2 weeks. You may lift only 8 pounds (gallon of milk) for at least 1 month. Casual walking is acceptable. Rest in semi sitting position with head elevated on 2 pillows. A recliner is ideal. Patch the eyes at night to prevent dryness. Some Visine may alleviate dryness during the day. You may be sent home with eye ointment that may be used at night. Driving is permitted once the patient is no longer taking pain medications. Do not smoke. Smoking delays wound healing. The sutures will be removed at the first follow up visit. Notify the office if the patient has a fever of 101 or greater, chills, severe nausea and vomiting or excessive bleeding or drainage.

Lower eyelid surgery healing is much slower. Usually a canthopexy is performed to hold the lower lid up while the swelling resolves. Only massage the lower lid upwards. Lower eyelid sutures will dissolve and will not be removed.

Follow up appointments: \_\_\_\_\_