
PREOPERATIVE INSTRUCTIONS

1. Quit smoking.
2. No food or drink (including water) for 12 hours prior to surgery.
3. Before coming to the hospital, wash the surgical area with any bath soap. Wear no make-up. Dress comfortably. Women: Do not wear any pantyhose.
4. **IMPORTANT:** no aspirin, ibuprofen products prior to surgery. Remind the doctor of any allergies you have to drugs.
5. Please take antibiotics pre- and post-operatively at home.
6. *All* patients that have IV sedations require someone to drive them home after surgery.
7. Do *not* operate any vehicle or any other equipment for 24 hours following your surgery.
8. Bring insurance or medical cards on the day of surgery.
9. If your patient is a minor, a parent or guardian **MUST** be present to sign the operative consent the day of surgery.
10. If you have any questions, please feel free to ask.

Lower Eyelid

Postoperative Instructions

Wound healing is slower for the lower lids than the upper eyelids.

Usually a canthopexy is performed with lower eyelids surgery. A canthopexy is a suture from the tarsus (firm portion) of the lower lid to the outer orbital rim. This suture holds the lower lid up while the swelling goes down.

Always massage the lower lip up. Use Tobradex outside the eye on the lid skin incision as needed. You may use Visine on the inside of the eyeball to soothe.

Lower eyelid sutures are dissolvable and will not be removed.

Swelling and bruising, and pulling will last for 4-6 weeks on the lower eyelids.

Blepharoplasty



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How should I prepare for surgery?

Do not sunburn or over expose to sun for 2 weeks prior to surgery.

Complete all pre-testing and lab work 3 weeks prior to your surgery.

No aspirin or aspirin containing drugs. Tylenol may be used as a substitute.

Avoid alcohol at least 24 hours prior to surgery.

No food or liquid after midnight the night before surgery. These precautions are necessary for anesthesia.

Advise the doctor of any significant medical problems that affect your health e.g. high blood pressure, angina, heart failure or arrhythmia, diabetes, skin abscesses, kidney or respiratory infection, or blood coagulation problems.

Fill your prescriptions prior to your surgery. Antibiotics will be started the day prior to surgery.

Pain medication is prescribed to alleviate your discomfort after your surgery.

Antibiotics will be prescribed. Please alert the physician of any allergies to medications.

You may consider Zofran to prevent nausea. Your insurance may not pay for it. Ask the doctor for a prescription.

Make arrangements for transportation to and from the hospital. A responsible adult must stay with you for 24 hours after anesthesia.

Wash face and hair the evening prior to surgery. Do not apply makeup or wear any jewelry on the day of your surgery. Do not apply creams or cosmetics.

Remove nail polish. For acrylic nails, remove on index fingers.

Besides your prescriptions for ophthalmic ointment, you may need to obtain Liquid Tears for you post-op treatment.

You may want to begin taking yogurt with active cultures daily following surgery to support normal flora.

“**Arnica**” may be used to decrease bruising and may be obtained by calling 724-942-5800 or by visiting Sunny Bridge Natural Foods in McMurray. You may take **Arnica** by taking 4 tablets 4 times a day for 1 week, starting 1 day prior to surgery.

If you care for family or pets, please make arrangements to have assistance for the first 7 to 10 days.

Upper Eyelid Postoperative Instructions

You may use ice to decrease the swelling.

Leave eye patches in place for 4-6 hours after surgery, while in the hospital.

After the 4-6 hours, remove eye patches. You may see tape holding sutures in place– do not disturb these. Begin the cold salt water soaks and continue almost continuously (45 minutes of each hour for 48 hours) for comfort. You may want to place the soak container into a large bowl of ice to keep chilled. You may need non-sterile 4x4 gauze pads for you eye soaks.

Instill two drops of Visine twice a day into both the eyes for 5 days or until sutures are removed if needed to help with the dryness.

Place eye patches on both eyes at bedtime for 2-3 days by applying a wet gauze then a dry gauze. Support by using cling wrap or tape. Eye ointment (Tobradex) may be placed first as needed.

Report any excessive pain, any rise in temperature over 100 degrees, chills, excessive bleeding, infections around the skin of face, bluish discoloration beneath the dressing, facial weakness, or change in vision. Although uncommon, hematomas or infections may occur after the eyelid procedure. They rarely lead to permanent alternations, although the healing period may be prolonged.

Take medication as directed. No aspirin or aspirin containing drugs for 2 weeks.

Pain medication has been ordered and should be taken 4-6 hours as needed to minimize discomfort. Avoid driving or doing work that requires heave concentration while taking these pain medications.

Alcohol should not be taken in conjunction with pain pills.

Diet as tolerated. Begin with soft, bland food– nothing hot or spicy.

Drink at least 8 oz o fluids every hour– nothing carbonated or caffeinated for the first 24 hours.

REST is very important for the first several days post surgery. During the first 72 hours after surgery, a family member or friend is generally needed to assist you with meals, bathroom and dressing changes.

No bending, lifting, straining, laughing, or excessive facial movement for 10 days. No strenuous activity (e.g. swimming, tennis, jogging, etc.) for at least 6 weeks. If bending is necessary, bend with your knees taking care not to lower the head. Avoid excessive movement of you head to either side. Avoid contact sports for 6 months.

Makeup may be worn on the face and around the eyes after the first week post surgery. Although bruising may persist around the eyes for several weeks, concealer may be applied over the purplish areas to mask the bruising for up to 3 weeks,

Complete healing of surgical scars may take up to 6-12 months or longer. Fortunately, most scars are hidden within the eyelid crease. On occasion, minor surgical revisions in the office my be elected.

Sleep on you back with head elevated on at least 2 pillows as comfortable. A loose sofa pillow may be put under mattress. You may shower after 24 hours. Keep face and neck dressing dry .You may shampoo your hair the day following the procedure.

Please feel free to call the doctor with any problems that concern you.

Contacts should not be worn for at least 2 weeks.

Avoid direct sun exposure for six months by wearing sunglasses with UV protection or a wide brimmed hat.

Notify Dr. Pare if persistent tearing or eye irritations occurs.