



Surgical Portfolio EYELID SURGERY

Pre- and Post-Operative Instructions & Care

Please call [\(506\) 7263-2171](tel:50672632171) should you have any questions regarding your scheduled surgery.

Before the Surgery

1. If you were told that you need a Preoperative Evaluation including an EKG, *please contact your primary care physician or cardiologist as soon as possible* and request a copy of the results to be brought with you or faxed to the office prior to or on the day of surgery.

EMAIL: eyelidaesthetics@gmail.com

2. If your Preoperative Evaluation is greater than one year old prior to your surgery date, please schedule an appointment with your doctor as soon as possible to obtain a new Evaluation. *This evaluation is essential to proceed with lower eyelid blepharoplasty.*

3. To reduce bleeding, bruising and to help healing, please **STOP the following one (1) week** prior to surgery:

Multivitamins
Naproxen (Aleve)

Products containing Aspirin
Ibuprofen (Advil/Motrin)

Arthritic medications
Herbal Supplements

You may take Tylenol/Acetaminophen products as needed.

3. Arrange for transportation to and from the facility. Your driver must be at least 18 years of age and remain at the facility during the surgery.

4. Arrange for someone to pick you up at the hospital the day of the operation. This person should be able to offer payment for anesthesia and facility fees.

Day Before Surgery

- **STOP eating and drinking at midnight.** This includes food, water, candy, gum and mints.
- **DO NOT smoke 72 hours before and after surgery.**
- If you were instructed to have blood work drawn, please have it drawn before 10 a.m. the morning before surgery.

Day of Surgery

- Wear loose, comfortable clothing and bring sunglasses to the facility. A shirt with front buttons or zipper is recommended.

- Please leave all valuables, jewelry and cell phones at home.

Do Not wear:

Contact lenses
Perfume/Cologne

Makeup
Hairspray

Lotions, especially facial
Jewelry

- Take the following medications the **morning of surgery** with **SIPS** of water, only. Other routine medications can be taken when you return home from surgery.

BLOOD PRESSURE MEDICATION

- Please be aware you may receive up to three (3) bills before the surgery: physician, facility and anesthesia. Anesthesia and facility fee may be cancelled after the surgery.
- You will be discharged the first day after the operation, discharge instructions have been reviewed with you and companion, and recovery goals have been met.

After Discharge

You will be given specific discharge instructions. However, the following limitations are common to all procedures. Please plan ahead accordingly. This will help you to achieve the best surgical results.

- **Activity Limitations:**

- **First 48 hours:** If required to use ice, you will be placing your ice pack on your eyes every hour that you're awake for 15 minutes.

We recommend using a gel eye mask, cold (these can be kept in the freezer).

- No driving, drinking alcohol or making important decisions.
- **First two weeks:** NO bending forward at the waist, lifting more than 5 pounds (2 kg) or strenuous exercise.
- **Do not remove dressings/ drains until instructed by your physician.**
- Do not expose your eyes to direct sunlight or sunbathe until approved by your physician. Use dark glasses for protection.

- General Expectations:

- Bruising, swelling and bloody drainage are expected. Bruising typically peaks within 3-4 days, but can take greater than 21 days to go away completely. **Do not rub your eyes.** Dab your eyes gently to remove any drainage and use the ice packs/mask as directed to limit the swelling.
- You may experience discomfort after surgery. **THIS IS NORMAL.** You may take regular or extra strength Tylenol, as directed.
- *Lower eyelid blepharoplasty patients will experience numbness in the lower eyelid, upper teeth the first 2-3 months after surgery, especially after fat transposition.*
- Contact lenses may not be worn until approved by your physician.
- It is important to make an appointment to see your doctor after surgery. If you were not given a postoperative appointment, please call +(506) 7263-2171.

Important:

If you experience severe pain, bleeding or have concerns or questions please call +(506) 7263-2171 and leave your name and phone number where you may be reached.

