

ADVANCED



EAR



NOSE



THROAT

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Instruction Sheet

BLEPHAROPLASTY (EYELID SURGERY)

PRE-OPERATIVE INSTRUCTIONS:

1). Unless prescribed by a physician, do not take any aspirin or aspirin products for 1 week prior to surgery or after surgery. Tylenol is okay.

IMPORTANT: If your physician has placed you on a daily dosage of aspirin, check with your prescribing doctor regarding instructions for preoperative and postoperative aspirin use. Typically, aspirin will be stopped 3 days before surgery and restarted 3 days after surgery.

2). Have nothing to eat or drink after midnight the day prior to surgery.

3). If you take daily medications, take them the morning of surgery with a sip of water. If you have questions about this, check with the hospital preop nurse during the presurgical evaluation.

4). Wash your face and hair well the morning before surgery. Do not apply any facial makeup.

5.) Arrange for a responsible adult to take to the hospital, bring you home, and stay with you for the first 24 hours after surgery.

6.) Plan for adequate time away from work, school, or other daily responsibilities to give your body time to heal properly. Depending on the type of surgery done, disability from work may vary. Your surgeon will determine the amount of time off needed.

7.) Prepare for your at-home recovery by having ice or ice packs on hand, and by stocking up on hydrogen peroxide, q-tips, and antibiotic ointment such as bacitracin, Neosporin, or triple antibiotic ointment.

POST-OPERATIVE INSTRUCTIONS:

Activity:

- DO NOT SMOKE. Smoking will delay healing and may lead to a poorer result.
- Do not lie flat. Always sleep on at least 2 pillows to keep your head elevated for at least 5 days following the surgery. A recliner chair is recommended.
- Treat your face with care. Avoid any situations that might result in trauma to your face (i.e., playful children, sporting events, a swinging door). Avoid any sleeping positions that place additional pressure on the operative site.

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- It is okay to get the incisions wet after 48 hours. You may shower and then gently pat the face dry. You may clean the incisions gently with non-perfumed, antimicrobial soap (such as Dial) on your fingertips. Avoid getting the incisions wet in the bathtub or pool for at least 2 weeks.
- Limit your activity! By 1 week you should be able to walk a short distance but no planned strenuous activities for at least 3 weeks post-operatively.

Diet:

- Eat soft, easily chewable foods for the first 48 hours. Following this, you may resume a normal diet as you are able.

Wound Care:

- Some edema (swelling) and discoloration under and around the eyes will occur. Apply cold packs or frozen peas in bags over the eyes to reduce swelling. Begin this as soon as you get home, and continue for 24 hours. Follow a schedule of 15 minutes on every 2 hours. The ice is effective in reducing swelling only during the first 24-36 hours although swelling may continue for several more days.
- You may keep the incisions and surrounding skin clean with frequent applications of hydrogen peroxide using Q-tips. After cleaning, apply a layer of antibiotic ointment over the incisions.
- If you wear contact lenses or glasses, do not use them for 1 week post-operatively or at least until the incisions have healed properly and the swelling has resolved.

Medication:

- Postoperative pain varies in intensity from individual to individual, but is rarely severe. Tylenol (acetaminophen) by itself is an excellent choice for mild post-operative discomfort. For more significant or persistent pain, do not hesitate to use the pain medication prescribed. Do not take the prescription pain medication and Tylenol at the same time. Avoid aspirin products or Motrin (ibuprofen) for the next 2 weeks unless aspirin has been prescribed as a daily medication (see preop instructions.)
- Take any antibiotics as prescribed. If you are nauseous, you can begin the day after surgery.

Follow-up:

- All appointments after surgery must be kept in order for you to receive the maximum benefit from the surgery. If a conflict in your schedule arises, please call the office and reschedule.

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RISKS:

As in any surgical procedure, there is a risk of bleeding, infection, and unforeseen complications. With blepharoplasty in particular there is the possibility that the final cosmetic result may be less than desired or there may be minor asymmetries. There is also a very remote risk of visual problems, including double vision or even decreased visual acuity. There is a risk of a pulling down of the lower eyelid, scarring, or an excessively watery eye. Revision surgery may be necessary to obtain the final cosmetic or functional result, and further cost may be incurred.

There will be swelling and bruising around the eyelids for 1-2 weeks post-operatively. After the sutures have been removed at approximately 1 week, makeup may be worn to cover up the bruising. Most patients take approximately 1 week off from school or work after the surgery.

If you have any questions please write them down and discuss them with your surgeon prior to your surgery. It is imperative that you understand the alternatives, the risks, and complications fully prior to signing the consent form.

PLEASE CALL THE OFFICE IF THERE ARE ANY CONCERNS WITH EXCESSIVE BLEEDING OR PAIN, REDNESS, RAPID SWELLING, PERSISTENT FEVER, NAUSEA, VISUAL CHANGES, OR OTHER CONCERNS THAT SEEM OUT OF THE ORDINARY FROM WHAT YOU HAVE DISCUSSED WITH YOUR SURGEON.