

Post-operative Instructions Following Eyelid Lift (Blepharoplasty) Surgery

Eyelid Lift surgery involves any procedure of the upper and/or lower Eye Lid. An Eyelid Lift/Blepharoplasty procedure can be performed as an ambulatory procedure when the following simple instructions are followed.

PRIOR TO YOUR SURGICAL PROCEDURE:

Please discontinue all aspirin containing medicines 2 weeks prior to your surgery. These medicines include: **Motrin, Advil, Aleve, Excedrin, Bufferin (for a complete list, please contact our office.)**

Please see your eye doctor if you have dry eye or any eye disorder, or if you have not had an eye check-up in the past year.

Begin taking the medicine prescribed for your procedure that needs to be taken prior to surgery. An example of this is the **Arnica Montana/SINECCH™**.

- Please avoid drinking alcohol and wine 48 hours prior to surgery.
- Please avoid drinking herbal teas and herbal supplements 1 week prior to surgery (St. John's Wort, Eccinechea).
- Please avoid caffeine drinks 48 hours prior to surgery (coffee, energy drinks).
- Please have nothing to eat or drink after **12 midnight**, the night before your surgery.
- Please wear comfortable clothes the day of your surgery. We recommend wearing a shirt that buttons up or zippers in the front.
- Please wear cotton underwear the day of your surgery. This may sound like an unusual request, but nylon and synthetic fabrics should be avoided in the operating room.
- Please arrive on time, this helps us avoid delays.
- Please arrange for an escort to take you home after your surgery. No one is allowed to travel home by themselves.
- Please arrange for a car ride home, this will aide in your comfort.
- On the day of surgery please refrain from wearing jewelry and leave your valuables at home.
- Please don't wear contact lenses the day of surgery and for two weeks after surgery.
- My office staff will call you before surgery to inform you about the time to arrive at the office.
- Any other questions should be referred to my staff or myself. We are happy to discuss anything with you.

We want your experience to be a pleasant and healthy one.

After your Eye Lid Surgery

ACTIVITY AFTER YOUR SURGERY

1. After your surgical procedure, when you arrive home, we encourage you to relax with your head elevated on several pillows, at a 30-40 degree angle. For the next two weeks, you should be sleeping on your back with your head elevated.

2. Cool compresses should be applied gently over your eyes every 2-3 hours for 20-30 minutes at a time. **DO NOT PLACE ANYTHING FROZEN DIRECTLY ON THE SKIN.** This prevents excessive swelling and aides in your comfort. You should continue this for the first

4 days. Some discomfort, bruising, minor bleeding, and swelling are normal; however, if you experience progressive or one-sided pain, bleeding, bruising, swelling or visual changes, please contact the office immediately.

3. You **may** have steri-strips on your upper eye lids. Please keep them dry. They may become blood stained shortly after surgery, this often happens and is normal.

4. You may shower the day after your surgery. This can be accomplished by avoiding the direct spray of water in your face. Baby shampoo is preferred because it is gentle on your eyes.

5. You should clean the stitches around your eyes **2-3 times** a day with Q-tips soaked in hydrogen peroxide. Following this, you should apply the prescription ointment on the stitches. You may wake up in the morning with crusts on your eyelashes. This is normal, but you need to gently clean your eyelashes with warm water.

6. Avoid straining or any activity that causes a feeling of pressure in the face and eyes. Avoid bending for two weeks, lifting anything greater than 5 lbs., or engaging in vigorous exercise.

7. Check with Dr. Zimm before resuming strenuous physical activity. You should not be driving if you are still taking pain medicine.

8. Eyeglasses can be worn after your surgery if you need them. Sunglasses are always a good idea after your surgery to conceal your wounds. Contact lenses can be inserted after a two week period, **but only if your eyes don't feel dry.**

9. As best as you can, try to **avoid sun exposure for the next six weeks.** After that period, apply sunblock with at least 30 SPF or higher when going outside

10. Do not pump your eyelids – be careful when around playful/restless children, bedmates, and pets. Do not put any pressure on your eyelids when you sleep.

11. Avoid the use of the hot tub or sauna for at least 6 weeks.

DIET

1. Begin with bland foods (clear liquids, broths, etc.) and advance as tolerated.

2. Resume a well-balanced diet including protein and high fiber foods.

3. Avoid alcohol, nicotine, and caffeine, for these will dramatically slow the healing process.

4. Increase fluids such as water and fruit juices (cranberry & apple juice are good choices).

MEDICATIONS

Take medications as directed by your prescription (on medication bottle).

1) Typically, there will be **pain medication** to be taken as needed:

If pain is mild, you may take extra strength Tylenol instead per manufacturer's directions. Do not take any products containing Ibuprofen (including Advil, Aleve, Motrin, or Aspirin, etc.) in place of pain medicine.

2) **Hypotears/Artificial Tears:** 1-2 drops to each eye every 3-4 hours during the day.

3) **Erythromycin Ophthalmic Ointment:** ¼" to ½" inside each bottom eyelid at bedtime and to the stitches 2-3 times daily as instructed.

Occasionally, you may encounter a sore throat due to anesthesia. Lozenges, such as Cepacol can help to relieve this temporary discomfort.

WHAT TO EXPECT AFTER YOUR SURGERY

Some bruising and swelling is normal but **cool compresses** will help to minimize these effects. **Avoid placing anything frozen directly on the skin.** You will continue to improve up to 6 weeks after your surgery.

Some discomfort bleeding, bruising, and swelling are normal, **but if you experience progressive or one-sided pain, bleeding, bruising, swelling or visual changes, you must report it to the office immediately.**

The lips may become dry from breathing through the mouth; you may use Vaseline or ChapStick to lubricate them.

Occasionally a patient will run a low fever (about 100 degrees). Please notify us if it goes higher than 101 degrees.

Nausea or vomiting can occur for the first 24 hours following surgery. Please notify us if you are experiencing severe nausea and vomiting and are unable to keep liquids down.

Resuming social activities and returning to work depend upon the level of physical activity and public contact you require, as well as the swelling and bruising you may develop. While the average patient is able to resume work and social activities in a few days, this is not the case for everyone.

POST-OPERATIVE SCHEDULE

Your office visits after surgery will be on or around **Day 1, Day 4, Day 7,** and **3 weeks** following your operation. Please plan accordingly. There will be several follow-up visits during the first year following your surgery.

Day 1: Your incision lines will be assessed

Day 4: The sutures (stitches) along your eyelids are removed and small paper tapes are applied. Although concern is normal, this is relatively painless.

Day 7: All paper tapes are removed.

With 90% of our patients, most of the swelling and bruising disappears by Day 14. Most of the residual swelling will probably be resolved by week 6 but the very last 10% of swelling may take up to a full year to disappear.

RESUMING ACTIVITIES

Wearing eyeglasses and sunglasses – the day after surgery

Driving – 1 week

Bathing, showering, and shampooing – the day after surgery but avoid the eye area

Contact lenses – 2 weeks

Smoking – 1 month

Alcohol – 2 weeks

Return to work or school – variable, but usually 7 – 14 days

Hair coloring or permanent – 3 weeks

Recreational swimming, jogging, tennis, weight training, cycling, and aerobics – 3 weeks

Competitive sports, contact sports, skiing, diving – 6 weeks

Anything else – please ask us!

You will be receiving a phone call from my office after your surgery. Please share all concerns and questions with us. Our phone number is 212-327-4600. We want your experience to be a pleasant and healthy one.