



BLEPHAROPLASTY PATIENT INSRUCTIONS

Before Surgery

- Do not wear clothing that must be pulled over the head.
- Fill prescriptions for antibiotics and pain medications and take as directed.
- Have a good night's rest and eat a light breakfast the morning of surgery.
- All patients must arrange for a responsible adult, friend or relative, 21 years or older, to drive you to and from your appointment and remain with you for the first 24 hours following surgery.
- Avoid alcohol, vitamins, herbal supplements and the medications on the attached list for ten days prior to your scheduled surgery, as these items can promote bleeding and slow healing.
- Prescription drugs administered under the care of your physician and reported on the history form you completed at the time of your consultation may be taken, unless you were instructed otherwise.
- Do not consume beverages containing caffeine for 24 hours prior to your procedure



Following Surgery

Follow these instructions during your postoperative blepharoplasty recovery period.

- To reduce swelling, elevate your head on two to three pillows.
- Apply ice packs continuously to the surgical sites while awake on the day of surgery. The packs should be separated from the skin by a clean, dry washcloth or a 2x2 gauze sponge. Frozen peas work very well as ice packs because they mold to the treated area. Ice packs should be continued for the day following surgery.
- The oral antibiotic should be continued twice per day for a total of 10 days to prevent infection.
- Tobrex/TobraDex ophthalmic ointment should be applied to the incision sites two to four times per day and inside the lower eyelid at bedtime to provide lubrication and protection to the eye.
- The prescribed analgesic may be taken for pain as directed
- Diet should be limited to soft and liquid foods for two days so that chewing is minimized.
- Talking and activity must be strictly limited during the first 48 hours following the surgery. Do not bend or lift objects that cause straining.
- It is normal to have a slight amount of blood-tinged fluid come from around the sutures, which can be blotted gently with gauze.
- Return to the office as scheduled for your postoperative visit and suture removal if required.
- If you experience any pain unrelieved by pain medication or any bleeding that does not stop when you apply pressure, contact the office at 703-858-0500 during office hours or ask for the physician on call.