

Blepharoplasty Pre and Post Op Instructions

To and From Surgery

On the day of surgery, plan for someone to drive you home, we recommend that you have someone watch over you at home as well. Be sure you have read and completed the Newport Beach Surgery Center paperwork before you arrive. You can call the surgery center to get more detailed instructions. Make sure you know how to get to the surgery center so you can be on time. You should not drive for one week after surgery.

Diet

Do not eat or drink anything for eight hours before surgery. After surgery, be sure to drink enough water to prevent dehydration. After arriving home from the surgery center, avoid heavy solid foods the rest of the day.

Physical Activity

After surgery you may feel tired, sore, and may have some bruising. Be sure to get some rest until the effects of the anesthesia have worn off. If at any time you feel dizzy after surgery lie down until you feel normal again. You may engage in normal activity, but do not do anything to elevate your blood pressure for at least a week. This will cause bleeding in the area which may result in a hematoma. You may begin driving after you are no longer taking narcotic pain medications.

What to Wear

Be sure to wear comfortable clothing such as a loose fitting zip up and sweat pants to make it easier to get dressed afterwards.

Medication

Discontinue taking aspirin, ibuprofen, and vitamin E one week before surgery (refer to the aspirin instruction sheet). Do not resume taking any aspirin, ibuprofen, or Alleve until 5 days after the surgery. Get your prescriptions filled a few days in advance to take after surgery. Take your antibiotics until the bottle is gone, and take your pain medication as needed. Each person experiences pain differently, but most patients do not have a large amount of discomfort with this surgery.

Wound Care & Bathing

The first night after surgery we recommend you place frozen peas or ice on the area to bring the swelling down. Bruising may occur around the eyes and will take about two weeks to fade away completely. Some patients also develop symptoms of dry eyes after surgery, such as burning and itching. To prevent this, we recommend you purchase (over-the-counter) eye drops to use during the daytime called Refresh, and an eye ointment to use at night called Refresh PM.

You may take a shower the day after surgery, but do not wash the surgical area for three days. It will take at least a month before all the swelling is gone in the eyelids to be able to see the final result of your surgery.

Call Dr. Doezie if there is a sudden change in your vision, excessive pain in one eye, excessive bleeding, high fever, or shortness of breath.

Follow-Up Visits

You will come into our office the day after surgery for a follow up visit with Dr. Doezie. A week after surgery the stitches will be removed. If you are on pain medication you need to have someone drive you to our office. Dr. Doezie will let you know when to make the rest of your follow-up visits.

What Bring to the surgery center:

Photo ID

Credit Card (no personal checks)

Other Suggestions:

Paper or plastic bag for the car ride home just in case

A pillow for comfort on the way home

A bottle of water