

Richard A. Mouchantat, MD, FACS
3280 Wadsworth Blvd., suite 100
Wheat Ridge, CO 80033
303-232-8585

Blepharoplasty: Pre-operative Instructions

Do not take aspirin, ibuprofen, herbal medications or vitamin E for 14 days prior to surgery. It is OK to have a light breakfast before surgery.

Have your prescriptions filled before the day of surgery and take your pre-op medication as directed. Review the medication information and instructions for use from your pharmacy prior to taking medications.

Take *Arnica Montana* as directed on the package starting 7 days pre-op and for 1-2 weeks post op.

Prepare some small bags with frozen peas or crushed ice for use post-operatively.

Wear comfortable clothing that does not pull over your head and slip on shoes on the day of surgery.

Arrange for a ride to and from the procedure and have someone stay with you for at least the first day.

Post-operative (after surgery) Instructions

Rest with your head supported in an elevated position, such as in a recliner. Sleep with your head and shoulders elevated on several pillows as well.

Have a non-strenuous activity level, no bending, straining or lifting. Walking is fine for a few minutes at a time. Don't bend over to tie shoes, etc.

Use ice packs for 20 minutes of each hour that you are awake and the refrigerated cool gel pad for another 20 minutes of each hour while awake.

Clean your wounds at the suture line using a Q-tip with hydrogen peroxide diluted in half with water twice a day. Apply the Bacitracin Ophthalmic ointment to the suture line after cleaning; it is not necessary to put it in your eye but safe if it touches your eyes. It is safe to shower in 24 hours if your eyes are closing well and do not let the shower spray your face directly.

Suture removal is usually done in stages and complete within one week. You can expect swelling and discomfort in the first couple of days after surgery. Resolution of swelling and bruising is usually complete by three weeks from surgery. If you are experiencing increasing pain or pressure in an eye or visual changes please call immediately.