

## INSTRUCTIONS FOR PRE & POST OPERATIVE SURGERY - BLEPHAROPLASTY

See the supplements recommended for use in the pre & postoperative period and medications to avoid list.

You need to schedule a preoperative consultation with our skin care department for instructions on the pre & post surgical care of your skin.

No smoking, no Nicorette Gum or Patches, this delays wound healing.

Bring a scarf with you to surgery and wear comfortable clothing that is easy to put on and does not require to be put on over your head.

You may dye or tint your hair ten days before surgery and three weeks after surgery, providing there are no residual scabs. Do not wear false eyelashes or tweeze/wax your eyebrows for four weeks following surgery.

You should relax/sleep on your back with your head elevated. Support yourself with pillows on either side to keep from turning.

Rotate ice at the surgical site, 15 minutes on 15 minutes off, during the first 24-48 hours. Do not let the ice directly touch your skin. (Use 4X4 gauze pads dipped in ice water and wrung out). **DO NOT trim suture that is sticking out of steri strip tapes. Keep steri strip tapes in place.** Our staff will remove these in 3-6 days.

You may start washing your hair five days after surgery with baby shampoo. Use hair dryer with a cool setting only. Keep head level. When bending, bend at knees only, not with your head down.

You may walk starting the day after surgery. Relax for the first two days. Do not over do it, use common sense. Breathing exercise will help with circulation (oxygenated blood restores and helps eliminate after effects of anesthesia and impurities) and tension. Breathe through your nose and fill your lungs, slowly release through your mouth. Repeat 10 times each hour or anytime you feel lightheaded or nauseated. If nausea is persistent a prescription can be phoned in to your pharmacy. Generally there should be no exercise for three to six weeks following surgery. No sex for two weeks and do not fly for two weeks. Drink fluids and eat small portions every few hours until your body and digestive system are back to normal. Pain medications may cause constipation. Use Colace, which can be purchased "over the counter", take as directed. No alcohol for two weeks after surgery.

Use eye drops during the first 3-4 weeks, as needed for comfort. (Hypo tears/Refresh) Do not pull down on eyelids when instilling these, be very gentle. No wearing contact lens for three weeks. Use lacrilube ointment at night if eyelids do not fully close during the first week. Intermittent blurring of vision and other minor discomforts may occur during the first month. Tearing is very common for the first 2-3 weeks.

Call the office for a follow up appointment as instructed by the discharge planner. Remember we are always available to answer any questions: (586) 779-3030 After hours (313) 396-0787.