

*Advanced Plastic Surgery Center & Nouveau Cosmetic Center*

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**Eyelid Surgery (Blepharoplasty) Guidelines**

**Before your surgery:**

- Do not take any aspirin, Advil or any medication containing aspirin for two weeks before and two weeks after your surgery. Drugs containing aspirin include: Anacin, Bufferin, Excedrin, Midol, Fiorinal, Percodan, Alka Seltzer, and numerous others. Check with your pharmacist if you have questions about blood thinning medications.
- No smoking, alcohol or Nicorette Gum for three weeks before and after surgery.
- Females: Stop birth control pills or estrogen replacement three weeks before surgery due to the increased risk of a blood clot post-surgery.
- Do not wear any lotions or makeup day of procedure.

**After your surgery:**

- There will be a significant amount of swelling and bruising of the eyelids and upper cheeks areas. The bruising usually lasts one week. The swelling will gradually dissipate over the next couple of weeks with a dramatic change noted the first week.
- Oozing will occur from the incision sites. The white of your eyes may become red.
- A clear tape may be applied over your incisions. Leave this tape on until your first post-operative visit.
- It is normal for the eyelid to feel somewhat tight after surgery. Expect eyes to tear more than usual and vision to be blurred slightly.

**What to do:**

- Eye lubricant such as artificial tears should be used if your eyes feel itchy, burning or if they tear excessively. The drops can be used several times a day.
- Cold compresses (suggest frozen pea packs) should be applied to your eyes for 20 minutes on and 20 minutes off for 48 hours after surgery to help minimize bruising and swelling.
- Rest at home with minimal activity as tolerated for 48 hours.
- No smoking, alcohol or Nicorette Gum for two weeks after surgery.
- No physical exertion, bending, or carrying heavy objects for three weeks.
- You may shower and wash your hair 24 hours after surgery. Avoid getting your eye area wet.
- Do not wear contact lenses for a minimum of seven days.
- Your sutures will be removed in 3 – 7 days.
- You are not permitted to drive until your vision is completely clear.

Sign: \_\_\_\_\_ Date: \_\_\_\_\_

Please review this information provided to help in the aid of prepping you pre & post operatively. The doctor and the doctor's assistant will be at your pre-op to answer any questions you have. At your pre-op the doctor's assistant will have a copy of this form for you to sign for our records.