

## PREOPERATIVE AND POSTOPERATIVE INSTRUCTIONS: **BLEPHAROPLASTY**

### **Before Surgery**

**Optional** - Start Arnica Montana five days before your surgery. Take with meals and continue for five days after surgery.

**REMEMBER:** No blood thinning agents for two weeks before surgery.

1. Nothing to eat or drink after midnight the night before surgery.
2. Bathe or shower the night before or the morning of surgery. Wash your face and hair, but **DO NOT** use any lotions, rinses or hair spray.
3. **DO NOT** apply makeup or any cosmetics to your face.
4. Leave all valuables at home.
5. Wear comfortable clothing and something that buttons or zips in the front.
6. You must have someone drive you home after your surgery or over to the recovery center after your surgery if you are spending the night there.
7. Allow adequate travel time so you arrive at the surgery center on time.

### **After Surgery**

1. Always eat a little something (toast, crackers, applesauce, yogurt or jello) before you take your medications, especially before the first dose.
2. Sleep with your upper body elevated, either in a recliner or with pillows stacked to achieve this position. Your head must be higher than your heart.
3. Take your medications as instructed and finish your course of antibiotics. If you are taking the Arnica before your surgery, continue for five days afterward.
4. Use eye drops (Tears) and eye ointment as instructed by Dr. Gardner.
5. Ice your eyes with small bags of frozen peas or chipped ice; don't forget to place a thin barrier between the ice and your eye. You should keep it on your eyes for 20 minutes and then 20 minutes off. Repeat this for 24 hours.
6. **DO NOT** bend over to put on shoes or pick up objects.
7. **DO NOT** take hot baths or showers. Heat induces bleeding and may complicate healing.
8. Do not pick at the sutures with your fingers and do not use eye makeup until instructed by Dr. Gardner or his staff.
9. Make every effort to sleep on your back for the first week.
10. Your sutures will be removed approximately seven to ten days after surgery.
11. Contact the office if any of the following develops: undo swelling, redness, yellow drainage at the surgical site or bleeding that will not stop even when pressure is applied.