

## EYELID SURGERY INSTRUCTIONS

### BEFORE YOUR SURGERY:

#### **Preliminary**

1. No aspirin or ibuprofen-containing medications for two weeks before and two weeks after surgery. Since aspirin and ibuprofen can cause increased bleeding in some people, it is important to avoid medicines which contain these substances.
  - Common medications to avoid include: Advil, AlkaSeltzer, Anacin, Ascriptin, Bufferin, Cheracol, Cope, Coricidin, Darvon Compound, Dristan, Empirin, Excedrin, Fiorinal, Indocin, Medipren, Midol, Motrin, Nuprin, Sine-Aid, Percodan, Stendin, Triaminicin, Vanquish and MANY OTHERS
  - If in doubt about what you are taking, PLEASE CHECK WITH YOUR PHYSICIAN OR PHARMACIST. It may be necessary to cancel your surgical procedure if medications containing aspirin or ibuprofen have been taken.
2. We request that smokers stop smoking and eliminate exposure to tobacco smoke for 2 weeks before and 2 weeks after surgery in order to reduce your risk of decreasing blood supply to your healing tissues.
3. Report any signs of a cold, infection, boils or pustules appearing before surgery.
4. Arrange for someone to drive you home, or to where you are staying, after surgery. Public transportation, including taxis and buses, are not satisfactory.
5. Arrange for someone to care for your elders or children at home on day of surgery.
6. Wash your face three times a day with mild soap for 2 days before surgery.
7. It is advisable to take a one week vacation from your employment

### DAY OF SURGERY:

1. Do not apply cosmetics to your face or eyes. Do not apply false eyelashes.
2. Have nothing to eat for six hours before surgery. You may drink small sips of water up to three hours before surgery.
3. Do not take medications of any kind. Your pre-operative medications will be given to you upon arrival.
4. Wear comfortable, loose-fitting clothes which do not have to be pulled over the head.
5. Do not wear any jewelry except wedding rings.
6. Bring sunglasses to wear after your operation.
7. Wash your face before coming to the clinic. Do not put cream on your face afterwards.
8. You must have someone drive you home after surgery. Upon arrival to the clinic, give the nursing staff your driver's name and phone number, as well as the address and phone number where you will be the night after surgery.
9. You are NOT to be responsible for the care of other people at home, especially children, the day of surgery.
10. You MUST have someone spend the first night with you. Additional instructions and prescriptions can be given to the person caring for you. Prescriptions should be filled promptly.
11. You are not to drive or operate any mechanical tool or device following surgery because of the possible lingering effects of medication.
12. If you have any questions before your operation, please call our office weekdays between 9:00AM and 5:00PM.

### AFTER YOUR SURGERY:

1. Remain in bed for 24-48 hours.
2. You may go to the bathroom with assistance as needed.
3. Take medications according to the instructions on the bottle. If taking strong narcotics or if pain medications make you feel "spacey" or drowsy, have someone else give you your medication according to proper time intervals. Under such circumstances, you could forget and take them too often.
4. Apply cold compresses to your eyelids consisting of either gauze pads or a clean wash cloth soaked in clean tap water. This is soothing and helps control swelling.
5. No hot or warm compresses.
6. Avoid smoking after the operation to prevent coughing, possible bleeding and decreased blood supply to healing tissue.
7. No alcohol for 4 days after surgery.
8. You can expect moderate discomfort (use pain medicine), moderate swelling, black and blue discoloration, bloodshot eyes and moderate bleeding from wound edges.
9. Call (425) 228-3187 if you have:
  - severe pain not responding to medications
  - marked swelling or obviously more swelling on one side than the other
  - significant changes in vision
  - any other questions or problems
10. You may wash your hair on the 3rd day after surgery. Dry gently with a towel or cool dryer. Do not sit under a hot dryer. You may set your hair in rollers. Do not use heated rollers or a curling iron.
11. You may read or watch television if you feel up to it.
12. You may wear eye makeup when healed, usually one week after surgery.
13. Avoid prolonged exposure to sun and heat for one month to avoid swelling.
14. An appointment for your first post-operative visit will be made before you leave the clinic.
15. A tight feeling around your face is normal and will probably last for two or three months.
16. Feel free to call upon us at any time. We want you to be as comfortable as possible during your healing period.