BLEPHAROPLASTY (EYELID-LIFT)  PATIENT INSTRUCTIONS

* Please arrive 30 minutes prior to the scheduled procedure time so that medications may be given.

INSTRUCTIONS PRE-OP:
1. Please do not wear make-up and/or jewelry on the day of your procedure. Please be prepared to remove contact lenses or bring your glasses on the day of surgery. Wear clothing that buttons down in front (no pullovers). Arrange to have someone drive you home.

Avoid aspirin, aspirin containing products, Plavix, Advil, Nuprin, Motrin, ibuprofen and Gingko for 2 weeks before and 48 hours after surgery. Avoid drinking alcoholic beverages, smoking and Vitamin E (or fish oil vitamin products with Vitamin E) for 2 weeks before and after surgery. Please arrange to have a responsible adult drive you home after surgery and stay with you that evening.

2. PRE- AND POST-OP MEDICATIONS:
   - Duricef: Take 1 tablet in the morning and 1 tablet in the evening starting the morning of the procedure for 5 days.
   - Zithromax: Take 2 tablets the morning of the procedure, then continue 1 tablet daily for 4 days.

Extra-strength Tylenol or Tylenol #3 (or equivalent), but not both at same time: Take 1-2 tablets every 4-6 hours after surgery as needed for pain.

Bacitracin or Cortisporin ophthalmic ointment (or equivalent per Dr. Strimling): use as instructed below.

Artificial Tears, Duratear ointment (sold over the counter): use as instructed below. Take all medications as directed.

If you experience any side effects, call the office.

POST-OPERATIVE CARE:
1. Apply light iced compresses over the eyes to reduce swelling and discoloration. They should remain in place continuously all day until bedtime on the day of surgery, as best tolerated. Continue ice compresses for the next two days, ~15 minutes per hour.

2. Artificial Tears (e.g. Tears Natural, Liquifilm, Absorbatear, Dacriose) (sold over the counter): 2-3 drops into eyes every 2 hours while awake for 48 hours, and then as needed for any blurry vision or "dry" scratchy feelings until you return for your follow-up evaluation.

3. Duratear Ointment should be applied to the eyes at bedtime until you return for your follow-up evaluation so that your eyes do not get dry while sleeping. (sold over the counter)

However, if you had Transconjunctival lower eyelid blepharoplasty (no external excision/no stitch lower eyelid-lift surgery), then you should use Bacitracin or Cortisporin ophthalmic ointment (instead of Duratears ointment) nightly to your eyes.

4. Wound Care Instructions:
   - If you had no external excision / no stitch lower eyelid-lift surgery, only the following wound care instructions apply:
   - Apply Bacitracin or Cortisporin ophthalmic ointment (or equivalent) 4 times daily into eyes.
   - If you have stitches (upper eyelid-lift or traditional lower eyelid-lift surgery), then:
     - Begin twice daily wound care the morning after surgery, as follows.
     - Gently cleanse the suture line with hydrogen peroxide soaked cotton-tipped applicators sticks (i.e. Q-tips).
     - Attempt to remove any crust or not to allow crustings/scabbing to form on the suture line.
     - By gently, repetitively rolling back and forth several times the moistened Q-tip over the suture line.
     - (Never place a used applicator stick back into the hydrogen peroxide.)
     - With a new dry Q-tip, dry the suture line. With another Q-tip, apply a thin layer of Bacitracin/Cortisporin ophthalmic ointment (or equivalent), to the suture line. Attempt to keep suture line continuously covered by above ointment while healing (until sutures are removed or dissolve). Additionally, keep the suture line dry for 24 hours.
   - You can shower and wash your hair after 24 hours, but do not bend over.
   - When showering, avoid the shower from forcefully beating directly on your suture lines.
   - Sleep on your back with your head elevated on a few pillows and avoid bending down for the first few days to prevent or decrease swelling.
   - Avoid strenuous exercise, activities, or work for the next 2 weeks.
   - If dissolvable sutures (stitches) are used, they usually dissolve in about 1 week. Otherwise, sutures will be removed in 5-7 days after surgery.
   - This is usually a painless procedure, but if you are apprehensive, take one of the pain pills before coming to the office.
   - Eye makeup can be re-started when the sutures are gone and any crusts has resolved.
   - Avoid drinking alcohol and smoking for 1 week after surgery.
   - Do not wear contact lenses for 2 weeks following surgery.
   - Keep eye activity to a minimum for 48 hours.
   - Your eyebrows may be plucked 2 weeks after surgery.

POST-OP COURSE/EXPECTATIONS:
Some black and blue discoloration, together with swelling, will occur and generally lasts 7-10 days. It may persist longer in a few patients who heal more slowly and thus prolong the recovery period.

However, you may work prior to this time if you feel up to it. Most patients return to work (indoor office-type work) in 4-10 days after surgery. The eye may water slightly following the surgery. This is due to swelling of the lids and the teardrops spilling over onto the cheeks.

This will disappear as the swelling subsides. The lower lid may occasionally have a slight “droopy” appearance following surgery. Again, this is due to the swelling and will disappear as the swelling subsides. There may be some discomfort along the incision.

Extra-strength Tylenol or the pain medication prescribed for you, should readily eradicated this any discomfort.

If there is any undue pain or swelling, please contact our office.

Bleeding after surgery is rare, but should it occur, apply firm uninterrupted pressure with a clean gauze or towel to the wound for 15 minutes. If bleeding has not stopped at this time, call our office or go to the nearest emergency room.

FOLLOW-UP CARE: Please schedule a follow-up appointment ~ one week after your procedure.

If you have any questions or concerns, please do not hesitate to contact our office, ROBERT B. STRIMLING, M.D. & Associates @ (702) 243-6400