

# *Todd C Hobgood Facial Plastic Surgery*

## **TRANSBLEPHAROPLASTY MID-FACELIFT SURGERY INSTRUCTIONS**

**You will need to purchase:** Q-tips, hydrogen peroxide, a tube of antibiotic ointment (Bacitracin or Polysporin), and prescriptions. You may also need a bottle of Liquid Tears for dry eyes.

### **Evening Before Surgery:**

1. Be sure **ALL** eye makeup and mascara is removed. Do not reapply until instructed to do so.
2. **NOTHING** to eat, to drink, or smoke after midnight (if having general anesthesia).
3. Take medications as directed.

### **Morning of Surgery:**

1. Wash your face thoroughly.
2. Bring dark glasses with you on day of surgery.

### **After Surgery:**

1. Remain quiet. Keep head elevated on two (2) pillows for the next three (3) days. Apply ice pads to eyes as much as possible for the first 72 hours. Make ice pads by placing soft washcloth, cotton pad, or 4x4 gauze pad in bowl of melting ice and wringing out thoroughly before applying. Or, use frozen peas in a plastic bag with a thin washcloth between the plastic and your skin.
2. Clean the incision line with hydrogen peroxide and then apply antibiotic ointment to the area with a cotton swab three (3) times a day.
3. Take your pain medication every three to four (3-4) hours, if needed. If you have no pain, do not take the medication. If you have minimal pain, take Extra Strength Tylenol.
4. **DO NOT** bend, strain, or do any heavy lifting or strenuous activities for several days. Try to avoid situations that cause your blood pressure to rise as this could cause bleeding.
5. You may bathe, shower, and shampoo your hair 24 hours after surgery. It will not harm incisions to get them wet. Pat the area dry - do not swipe with towel or cloth.
6. With lower-lid surgery, you can expect bruising, swelling, and some bleeding from incision lines. You may notice a small amount of red blood; however, please call the office if you have continuous bleeding, severe pain (particularly on one side), vision changes, or sudden increase in swelling beyond the first few hours.
7. You may drive when your vision is clear, swelling has subsided, and you are *not* taking prescription pain medication.
8. If your eyes burn or sting, or if you are unable to close your eyes completely, place the Liquid Tears in your eyes every four (4) hours.

### **Other Instructions:**

1. Avoid yawning or pulling the eyelids for one (1) week. This is especially important the first few days following removal of the stitches. The stitches are usually removed four to five (4-5) days after surgery. This is usually not painful.
2. Swelling and bruising is almost always more than you expected. It is not unusual for one eye to be more swollen or discolored than the other. Your eyes and cheeks may be bruised - the whites of your eyes may be blood shot. This will gradually subside and be markedly improved in two (2) weeks. You may wear dark glasses to protect your eyes from irritation of wind, sun, and to partially mask bruising.
3. Contact lenses may be worn eight (8) days after surgery. **DO NOT** excessively pull up or down on your eyelids to insert them. Glasses may be worn on the first day.
4. Your usual eye makeup may be worn eight (8) days after surgery.

**Please do not hesitate to call Dr. Hobgood if you have any questions or concerns.**