

Eyelid Blepharoplasty Instructions

YOU WILL NEED TO PURCHASE: Q-TIPS, HYDROGEN PEROXIDE, ANTIBIOTIC OINTMENT (BACITRACIN/POLYSPORIN), ARTIFICIAL TEARS (PATIENT PREFERENCE ON BRAND – 1 GEL FOR NIGHTTIME, 1 LIQUID FOR DAYTIME), PRESCRIPTIONS.

Evening Before Surgery

1. Be sure all eye makeup and mascara are removed. Do not re-apply until instructed by Dr. Hobgood & staff to do so.
2. **DO NOT SMOKE, EAT OR DRINK** (including water) ANYTHING 8 HOURS PRIOR TO SURGERY IF BEING PERFORMED UNDER GENERAL ANESTHESIA. This includes gum, candy, mints, etc.
3. Take medications as prescribed/directed.

Morning of Surgery

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

After Surgery

1. Remain quiet. Keep head elevated on two (2) pillows for the next three (3) days.
2. Apply ice packs to eyes as much as possible for the first 72 hours. Make ice pads by placing soft washcloth, cotton pad, or 4x4 gauze pads in bowl of melting ice and wringing out thoroughly before applying. You may also use frozen peas in a plastic bag with a thin washcloth between the plastic and your skin. Never place ice directly on face.
3. Apply eye drops every four (4) hours to relieve itchiness, stinging, to keep eyes moist during the healing process, and ensure the eyes can close completely after surgery. We recommend using liquid drops during the daytime and gel drops at bedtime. You may experience blurriness of vision for a few days after surgery.
4. Use Q-tips, clean the incision line with hydrogen peroxide and apply antibiotic ointment three (3) times daily.
5. Take your pain medication & antibiotic as prescribed/directed on bottle. If you do not have pain, do not take the pain medication. If you have minimal pain, you may take Extra Strength Tylenol.
6. **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.
7. You may bathe, shower and shampoo your hair 24 hours after surgery. It will not harm incisions to get them wet. Be sure to pat the area dry with towel or cloth – do not use wiping motion.
8. You can expect bruising, swelling and some bleeding from incision sites. With lower eyelid surgery, you may notice a small amount of red blood – this is normal. Call the office immediately if you have continuous bleeding, severe pain (particularly on one side), vision changes, or sudden increase in swelling beyond the first few hours after surgery.
9. You may drive when your vision is clear, swelling has subsided, and you are no longer taking prescription pain medication.

Other Instructions

1. Avoid yawning or pulling on the eyelids for one (1) week after surgery. This is especially important the first few days following removal of your stitches. Stitches are removed around one (1) week after surgery. This is usually not painful.
2. Swelling and bruising may be more than anticipated. It is not unusual for one eye to be more swollen and discolored than the other. Your eyes and cheeks may be bruised and the whites of your eyes may be bloodshot. This will gradually subside and be markedly improved in two (2) weeks. Wear dark sunglasses 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 after surgery.

4. Jane Iredale eye makeup is preferred after surgery. You may resume wearing eye makeup eight (8) days after surgery.

Please don't hesitate to call the office, day or night (there is an on-call physician outside of our office hours) at 480-214-9955 for any active bleeding, persistent vomiting, or a persisting fever that does not come down with the proper use of post-operative prescription medications or Tylenol.