

PINCH LOWER BLEPHAROPLASTY INSTRUCTIONS

You will need to purchase: Q-tips, hydrogen peroxide, antibiotic ointment (Bacitracin or Polysporin), ice packs or frozen peas and prescription drugs. Also buy some liquid Artificial Tears (Systane is a good brand).

Two weeks before surgery: All aspirin and aspirin-like products (ibuprofen) need to be discontinued unless your medical doctor requires you to take it. (See list of medications containing aspirin and aspirin-like products.) *Please let the doctor know if you must continue these medications.*

Evening before surgery:

1. **NOTHING** to eat, drink, or smoke after midnight if having general anesthesia.
2. Remove **all** eye makeup. Do not reapply until instructed to do so.
3. Take medications as directed if any have been prescribed.

Morning of surgery:

1. Wash your face thoroughly. Do not apply any makeup or face creams.
2. Remove your contact lenses. (You will not be able to re-insert them post-operatively.) Bring dark glasses with you on the day of surgery.

After surgery:

1. Remain quiet. Keep head elevated on 2-3 pillows for the next three days. Keep your head above your chest. A reclining chair is a good option. 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. You may use frozen peas in a plastic bag with a thin washcloth between the plastic and your skin.
2. If the incisional line is closed with a topical skin adhesive called Dermabond. **DO NOT** scratch, rub, or pick at the Dermabond film. The film will gradually dissolve or work its way loose over 3 to 5 days after the procedure. You may use a warm washcloth to gently begin working the film loose after Dr. Sidle sees you for the first post-operative visit.
3. If the incision line is closed with stitches, clean them 3 times a day with Q-tips soaked with hydrogen peroxide. Pat dry. Then apply ointment to the wounds.
4. You may use Tylenol or Extra Strength Tylenol for any discomfort. **DO NOT** take any aspirin or aspirin-like products. Always take narcotic pain medicine with food to decrease nausea.

DOUGLAS SIDLE, MD

Facial Plastic and Reconstructive Surgery

5. **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.
6. Vomiting and retching is not good for eyelid surgery. Report this to your doctor immediately.
7. 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 the towel or cloth.
8. You can expect bruising and swelling of the eyes. Please call the office if you experience bleeding, severe pain, vision changes or a sudden increase in swelling beyond the first few hours.
9. You may drive when your vision is clear and swelling has subsided, usually the following day.

Other Instructions:

1. Avoid yawning or pulling the eyelids for 1 week.
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. This will gradually subside and be markedly improved in 1-2 weeks. You may wear dark glasses to protect your eyes from irritation of wind, sun, and to partially mask bruising.
3. Your usual eye may be worn 5 days after surgery.
4. Your contact lenses may be worn 5 days after surgery. Until then, glasses may be worn. Do not pull excessively up or down on the eyelids when inserting contacts.

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

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