

EYELID AND BLEPHAROPLASTY INSTRUCTIONS

Please Purchase Before Your Procedure: Q-tips, hydrogen peroxide, bacitracin or polysporin ointment and prescription drugs. Bags of frozen peas to ice eyes. 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 Dr. Sidle or his staff know if you must continue these medications.*

Evening before surgery:

1. Remove all eye makeup and mascara. Do not reapply until instructed to do so.
2. **Nothing to eat, drink, or smoke after midnight if you are having general anesthesia or sedation.**
3. No smoking.

Morning of surgery:

1. Wash face thoroughly. Do not apply makeup or creams to face.
2. You may want to bring dark glasses with you on the day of your procedure.
3. You may take your prescription medications with a sip of water only.
4. If you were prescribed an antibiotic, take it with a sip of water before coming to your procedure. If your surgery is in the operating room, your antibiotic will be given there.
5. Remove your contact lenses. You will not be able to reinsert them post-operatively. It is best to bring glasses to the procedure and leave your contacts at home.

After surgery:

1. Remain calm and quiet. Keep head elevated above your chest on 2-3 pillows for the next three (3) days. A reclining chair works well to keep the head above the chest.
2. Apply ice packs to both eyes in 20 minute intervals (twenty (20) minutes on, twenty (20) minutes off) while awake for the first 48 hours. Wrap your bag of frozen peas in a washcloth to keep from getting frostbite. Re-freeze your peas between uses. If your cold pack is not adequate, make cold pads by placing soft washcloth, cotton pad or 4x4 gauze in a bowl of melting ice and wringing out thoroughly before applying.
3. Clean the incision lines with a Q-tip saturated with hydrogen peroxide and then apply Bacitracin or other ointment to the incision line with a clean finger twice daily. Do not get the peroxide in your eye.

DOUGLAS SIDLE, MD

Facial Plastic and Reconstructive Surgery

4. Take your pain medication every 6 hours only if needed. Always take narcotic pain medicine with food to decrease nausea. If you have minimal pain, take extra-strength Tylenol **ONLY. DO NOT** take ibuprofen or any aspirin or aspirin-like product. If you have no pain, do not take any pain medication.
5. **DO NOT** bend, strain, or do heavy lifting or strenuous activity for one (1) week. Avoid any activity that may aggravate you as this could cause bleeding. Again, keep your head elevated.
6. You may bathe, shower, and shampoo your hair 48 hours after surgery. It will not harm the incisions to get them wet. Pat the area dry—do not swipe with towel or cloth.
7. You can expect bruising, swelling and some mild bleeding from the incision lines. With lower lid surgery, you may notice a small amount of red blood. If lower lid blepharoplasty was performed, you will likely have pink or blood tinged tears for a few days. However, **please call the office if you experience continuous bleeding, severe pain (particularly on one side), vision changes/loss or sudden increase in swelling beyond the first few hours.**
8. Vomiting and retching is not good for eyelid surgery. Report this to your doctor immediately.
9. You may drive when your vision is clear, swelling has subsided, and you are not taking prescription pain medication.
10. If your eyes burn or sting, or if you are unable to close your eyes completely, place Liquid (artificial) Tears in your eyes every four (4) hours.
11. Complete your course of antibiotics.

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. If there are stitches, they are usually removed 5-7 days after surgery. This is not usually 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 bloodshot. This will gradually subside and improve in two (2) weeks. You may wear dark glasses to protect your eyes from irritation of wind, sun, and to partially mask the 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 the first day.**
4. Your usual eye makeup may be worn fourteen (14) days after surgery.
5. If you had a laser or chemical peel (resurfacing) at the same time as your blepharoplasty, please see those separate instructions for important additional directions.

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

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