



# THE NADERI CENTER

## COSMETIC SURGERY SPECIALISTS

### PRE-OPERATIVE INSTRUCTIONS FOR UPPER BLEPHAROPLASTY (In Office)

#### **3-4 WEEKS BEFORE SURGERY:**

- *Obtain Medical Evaluation.* Make a visit to your primary care doctor to complete your medical evaluation and laboratory testing.
- *Eye Exam.* Your surgeon may request for you to be evaluated by an eye specialist (ophthalmologist), if so go in for your evaluation prior to 2 weeks before your surgery.
- *Work and Recovery Arrangements.* Make any arrangements to be off from work or other strenuous activities while you are recovering from surgery.
- *Smoking.* Tobacco, cigarettes and nicotine consumption will cause poor wound healing, longer healing times, and excessive scarring. We advise to discontinuing these products more than 4 weeks prior to surgery.

#### **2 WEEKS BEFORE SURGERY:**

- *Surgery Preop Appointment.* You will come in for your preop appointment where you will review the surgery plan with your surgeon and go over logistical surgery details with your patient coordinator. Bring your questions as well as any individuals that will be part of your support and healing
- **DIET/SUPPLEMENT RESTRICTIONS:** Avoid foods, drinks and herbal supplements that can increase risk of bleeding and bruising. Avoid aspirin, Ibuprofen, Naproxen, Motrin, blood thinners, vitamin E, omega-3, fish oil, and alcohol. Use Tylenol in place of other over the counter pain medications.
- *Fill Prescriptions.* These may include antibiotics and/or pain medication for after the surgery as well as pre-medication to take prior to your procedure. Make sure you understand how and when to take all medications. We suggest keeping a note pad to keep track of the medications you have taken.
- *Watch the PREOP AND POST OP VIDEOS on our website:*  
[www.nadericenter.com](http://www.nadericenter.com)

## 1 WEEK BEFORE SURGERY

- *Review Instructions with Caregiver.* Confirm who will be driving you to and from surgery and stay with you for at least 24 hours after surgery.
- *Arnica.* Start your Arnica tablets two days before surgery. One in the AM and one in the PM and continue until the bottle is finished.

## DAY OF SURGERY

- *Shower.* The night or morning of surgery, take a shower and wash your hair. This will help reduce the risk of infection by eliminating bacteria. Arrive the day of the procedure with a clean face. Do not apply any makeup, moisturizers, hair sprays or gels, or nail polish.
- *Eat a light meal.* If you are having your procedure done in the office, you may have a light breakfast such as toast and water.
- *Take Pre-medication.* Take **2 Valium tablets 30 minutes prior to arriving at the office.** The premedication will make you more relax and comfortable during the procedure. Bring remaining tablets with you to our office in the event your surgeon wants you to take more. Remember to bring prescribed pain medication to the office for after the procedure.
- *No Contact lenses.* Do not wear contact lenses. Remember to bring your glasses to sign necessary paperwork.
- *Clothing.* Wear comfortable, loose-fitting clothing: easy slip on pants, a button down shirt, and flat shoes are recommended.

## POST-OPERATIVE INSTRUCTIONS FOR UPPER BLEPHAROPLASTY (In Office)

## NIGHT OF SURGERY

- *Ice Compresses.* Apply **ice compresses** made of gauze sponges that are dipped into iced water (not an ice bag) to your eyes for 15-20 minutes every hour for the first two days while you are awake.
- *Head Elevation.* Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side. Keeping your head elevated will minimize swelling. Continue this for one week.

## MEDICATIONS

- *Antibiotic.* Start your antibiotic tablet 24 hours prior to surgery and take all tablets as prescribed and until finished.

- *Pain Medication.* You will be prescribed a pain medication for post-operative pain control. If your discomfort after surgery is not strong you are welcomed to take Tylenol in place of the prescribed medication. Do not take the Tylenol with the pain medication, as most often the medication you are prescribed will have Tylenol in it. **Do not exceed 4,000 mg of Tylenol in any 24-hour time period.** Take medication with food to minimize risk of nausea.
- *Eye Ointment.* Apply 3 times a day Ophthalmic Bacitracin Eye Ointment to cover any visible incisions for 5 days.
- *Constipation.* Sometimes decreased physical activity as well as pain medications may lead to constipation. Any over the counter stool softener such as Metamucil or Colace can be used.
- *Nausea.* Some pain medication may make you feel nausea. It is best to eat something small 20 minutes before taking pain medication. Keep hydrated with small sips of non-caffeinated beverages (ginger ale, Sprite, Gatorade).
- *Medications to Avoid.* Avoid medications containing aspirin or ibuprofen (Advil, Motrin, Ibuprofen, others) for two weeks before and after surgery. These medications may increase bleeding.
- *Substances to Avoid.* Avoid alcohol, nicotine, and caffeine, for these will dramatically slow the healing process.

## **NUTRITION**

- *Diet.* A light low-fat diet is best after surgery. You may start a regular diet after your surgery as long as you are not feeling nauseated or vomiting.
- *Hydration.* Stay hydrated by drinking 8 -10 glasses of water a day. Avoid alcohol for 48 hours and while you are still having to take pain medications.

## **BATHING**

- You may wash your hair and face the next day after your eyelid surgery. **Do not cleanse eye area and avoid submerging your face in water.**
- *Hot Tubs/Baths/Swimming Pools.* No tub baths or Jacuzzi until your incisions have healed, and approved by your surgeon, which is usually around 6 weeks.

## **HOW TO TAKE CARE OF YOUR INCISIONS**

- *Cleaning your incisions.* Occasionally, crusting will occur around the sutures. This is normal and will resolve. You can gently clean your incision with hydrogen peroxide on a q-tip if this occurs. Do not try to pull off any crusts. Showering daily will minimize crusting. Apply your bacitracin ophthalmic ointment to keep incision sites moist.
- *Sun Exposure.* Avoid and minimize sun exposure. Even a mild sunburn can worsen swelling and irritate an incision that is healing.
- *Scar gel.* After your incisions have completely healed and when your doctor has told you it is safe, you can begin to use silicon based gel on your scars to improve healing.

### **WHAT TO EXPECT?**

- *Swelling and Discoloration.* It is completely normal for your eyes to appear swollen as well as have purple-bluish bruising around the eye and eyelid. The bruising will be greater on the second and third day after your surgery. This is temporary and over the course of the next six weeks this will improve. Cool compresses will minimize swelling and bruising.
- *Mild Bleeding.* Some mild bleeding is not unusual at the incision sites the first few days after surgery. If you try to do strenuous activity, increase your blood pressure by straining on the toilet, sneezing, heavy lifting or bending forward you will aggravate the bleeding and swelling.
- *Numbness around the eyes.* Parts of the eyelids may feel “numb” or lumpy after the eyelid operation. This is temporary and to be expected and may take months to feel normal again.
- *Pain and Itching.* You may experience some sharp shooting pain or itching during the healing process. This is normal and will resolve in a few weeks.
- *Blurry Vision.* Patients often experience some blurring of vision for 2-3 days after surgery. This is generally due to swelling and/or ointments that have been used during surgery.
- *Sutures.* At your first post-op office visit your sutures will be removed and the progress of your healing will be assessed. Sutures are usually removed 5-7 days after your procedure. Subsequent office visits for 1 year are important in order to monitor proper healing.
- *Weak or Dizzy.* You may experience some weakness or dizziness. This may be more evident if you try to stand up too quickly. Take a minute to go from lying down to standing. The sensation of feeling lightheaded will get better in a few days as well as by staying well hydrated.

- *Scars.* After all stitches have been removed, the scars will appear a deep pink color. With time, the pink will fade and become white, the firmness of the scar will soften, and they will become less noticeable. Each individual varies with respect to healing, but it takes **approximately a year** for these changes to occur and the scars to look their best. Once your surgeon advises you, you may apply a Silicon based scar gel to your scar for enhanced healing.
- *Final Result.* Expect to see your final result at one year as the healing process takes time.

## ACTIVITY

- *Movement is Important.* Make sure you are up and walking around immediately after your surgery. When lying down in bed or on the couch, make sure you are moving your legs and ankles.
- *Glasses.* You may wear sunglasses and eyeglasses the day after surgery
- *Limit Strain on the Eyes.* The less TV, computers, phones and other screen devices the less strain on your eyes and better your healing and recovery.
- *Driving.* Do NOT operate a vehicle or make important decisions until you have been off pain medications for 24 hours. Use good judgment.
- *Return to work.* Most patients require approximately 5-7days off work depending on their job responsibilities. Depending on the amount of physical contact your job involves and also the amount of swelling and discoloration you develop you can decide when you are ready to be in the public eye.
- *Exercise.* Normal activity can be resumed a few days after surgery. You can resume an exercise regimen in approximately 3 week after surgery, though start easy and build back up to your previous exercise levels. Just know that swelling may transiently be worse with exercise.
- *Travel.* Automobile travel can resume immediately though frequent breaks are needed, approximately every 2 hours to prevent blood pooling and clots. Airline travel is restricted until 1 week postop. You will notice increased swelling with airline travel and this can happen even 6-8 weeks postop related to the pressure changes that occur.

## DO NOT'S

- **DO NOT** place anything frozen **directly** on the skin.
- **DO NOT** submerge your face in water or get your eyelid incisions wet while the incisions are still healing.

- **DO NOT** take Aspirin, Ibuprofen, Naproxen or other blood thinners until your surgeon advises you it is safe.
- **DO NOT** apply make-up to the incision lines or the eyelids for one month.
- **DO NOT** wear fake eyelashes or contact lenses for two weeks.

**EMERGENCY SITUATIONS – WHEN TO CALL THE OFFICE (703-481-0002) OR GO TO THE HOSPITAL**

- *Signs of Infection.* Spreading redness, worsening swelling, increased drainage or drainage of pus, worsening pain and warmth at incision site. Temperature over 101 degrees Fahrenheit.
- *Excessive Bleeding.* Bleeding that persists after applying pressure for 20 minutes.
- Medication Reactions. If you develop hives, rashes or itching you may be having a medication allergic reaction.
- *Other Emergency Situations.* Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain or asymmetric swelling in your legs.

<b>SHOPPING LIST</b>
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**1. Tylenol.** This will be the drug of choice once you do not need the prescription strength pain medications. (No Aspirin, Ibuprofen, or other NSAIDs)

**2. Artificial tears** or preservative free saline solution or lubricating drops such as preservative free Systane

**3. Baby Wash Cloths/ Gauze Pads.** these are great as “ice packs” for facial areas. Get 2-4 packages so that you can soak in an ice-water bowl & use as much as possible for the first 48 hours after surgery.

**4. Q-Tips and Hydrogen Peroxide.** if crusting forms along the incision line, dip q-tip in hydrogen peroxide and gently roll the q-tip over the incision line to clean the area and soften any crusting. Do not rub or pull crusting. Keep incisions covered with prescription ointment at all times until sutures are removed.

**5 Arnica-** Arnica is an herbal supplement which reduces swelling and bruising. You will start this 2 days prior to your procedure, one tablet in the AM and one in the PM.

**5. Fresh Pineapples and Pineapple Juice-** contains a natural anti- inflammatory properties which helps reduce swelling and bruising.