



BLEPHAROPLASTY (Upper/Lower)- Patient Instructions

Pre-Operative and Post-Operative Care | Outpatient Surgical Facility

PREPARATION BEFORE SURGERY

- Pick up and confirm you have all prescriptions before surgery.
- Purchase MiraLAX (stool softener), Tylenol (for pain), Artificial Tears Eye Drops, and cold compress supplies.
- Get Arnica tablets. If provided, take as directed starting after surgery.
- Nothing to eat or drink after midnight before surgery - if undergoing general anesthesia.
- Prepare a comfortable recovery area at home.
- Strictly follow and adhere to the “**Naderi Antibleeding Anti Bruising diet.**” See separate list.
- Avoid blood thinners and NSAIDs like aspirin, ibuprofen, naproxen, as well as nicotine, alcohol, and excessive caffeine.

DAY OF SURGERY

- **Shower well. Shampoo hair thoroughly and use antibacterial soap on face and body.**
- Wear loose, cool, comfortable clothing. Button-up or zip-up shirts are preferred.
- Do not wear makeup, lotion, skin products, sun block, deodorant, or hair products
- Remove jewelry, piercings, contact lenses,
 - Remove hair extensions, weaves, braids and lash extensions (if possible) as they can harbor bacteria
- You will need an adult friend or relative to drive you home.

FIRST WEEK AFTER SURGERY

- Sleep on your back with your upper body elevated 45 degrees. (Recliner or wedge pillow or multiple pillows)
- Apply cold compresses for 15–20 minutes every hour while awake for the first 3 days.
- Get up slowly and walk slowly but regularly with assistance to promote circulation.
- Avoid bending, straining, or lifting.
- You may feel weak and dehydrated so be careful of falling. Stay hydrated.
- You may shower 48 hours after surgery but be careful of falling.
 - Use gentle pressure and lukewarm water. Do not rub incisions.

MEDICATIONS

- Take oral antibiotics as prescribed until finished. Notify us if you have any reactions.
- Use antibiotic eye ointment as described below
- Use prescribed pain medication or Tylenol (if pain is mild).
- Do not exceed 4,000 mg of Tylenol in 24 hours.
- Begin stool softener when taking narcotic pain medication. Do not force or strain during bowel movement.
- Take your Medrol steroid dose pack as instructed.



INCISION CARE

- Clean incisions with Q-tips dipped in diluted Hydrogen Peroxide gently 3-4 times a day.
 - “Roll the Q-tip.” Don’t scrub.
 - Mix half peroxide with half water in the cap - then discard excess.
- Apply prescribed eye ointment as directed 3-4 times a day very gently.
 - Apply ointment to eyeballs and incisions to keep lubricated
 - **DO NOT** pull down on the lower eyelid.
 - Scratchy eyes usually means you are not putting enough ointment/lubricant or drops in the eyes.
- Do not pick or pull at incisions.
- Sutures are typically removed 1 week after surgery.
- Protect skin and incisions from sun exposure. Use a large hat.
- Do not rub eyes. Be gentle. Incisions can open in the first 3 weeks if handled roughly.
 - Avoid tight neck shirts such as turtlenecks.

ACTIVITY AND RECOVERY

- Avoid lifting over 20 pounds for 2 weeks.
- Most patients return to work in 1–2 weeks.
- Avoid strenuous exercise for 3–4 weeks.
- Do not drive while taking narcotic pain medication.

NORMAL SYMPTOMS

- Swelling and bruising.
- Mild bleeding.
- Mild tearing.
- Tightness, numbness, or mild itching.
- Temporary blurred vision.
- Mild asymmetries. Noticeable incision.

NOTIFY YOUR DOCTOR IMMEDIATELY IF YOU EXPERIENCE:

- Fever greater than 101°F.
- Severe or worsening swelling.
- Excessive bleeding.
- Rash or severe itching or blisters.
- Call 911 if you experience shortness of breath or chest pain.
- Call 911 if having sudden increase in pain or swelling or sudden loss of vision.