

# **Blepharoplasty Instructions**

(cosmetic eyelid surgery)

## **Pre-operative**

- No food or liquid intake after midnight prior to surgery.
- Do not wear jewelry, make-up, nail polish or bring valuables to the hospital or surgical center.
- Bring carrying case for eyeglasses or contact lenses. Remove all piercings.
- No aspirin or aspirin containing compounds for at least 2 weeks prior to and after surgery. Please refer to medication list for medicines and foods to avoid. Stop all herbal preparations.
- Shower the night before and morning of surgery with Dial or other antibacterial soap.
- Wear loose comfortable clothing with flat/ low heeled shoes. No over the head clothing.
- Fill all prescriptions within 3 days and bring them with you on your surgery date.
- Arrange for transportation to and from the Kole Plastic Surgery Center.
- Preoperative medications may be taken with a small sip of water if cleared by anesthesia dept.
- Arrive at the surgery center 1/2 hour before surgery start.
- Lab tests need to be drawn and faxed to this office no later than\_\_\_\_\_.

## **Post-operative**

- After dismissal from the surgery center, return home and go directly to bed.
- Maintain moistened gauze compresses over eyes covered with small ice bag for 48 hours. Remove only for meals, and if necessary for sleep.
- Keep incisions clean at all times. Remove any clots or crusts from incisions by gently soaking with moistened gauze and wiping with a moistened Q-tip.
- Keep eyes moist with artificial tears saline solution as needed. Use a thin layer of antibiotic ointment at night before bed (and prior to naps) for the first 10 days after surgery.
- Avoid drafts, wind, fans or direct sunlight for two weeks post-operatively.
- Diet may consist of liquids or regular food as desired and as tolerated.
- Take pain medicine and antibiotics as prescribed. Avoid alcohol intake
- Do not wear contact lenses until cleared by Dr Kole.
- No strenuous activity for a minimum of two weeks post operatively.
- Return to your surgeon for all follow up visits.
- Contact Dr Kole for any unusual or special problems (excessive pain, swelling or bleeding)
- Call to confirm appointment for first post operative visit.

## **Call Dr. Kole immediately if:**

- Fever over 101 degrees, rash or shaking chills. Inability to tolerate antibiotics or pain medicine.
- Persistent nausea or vomiting lasting 24 hours after surgery.
- Excessive swelling or large clots on the gauze.
- Increase in pain occurring 72 hours after surgery. Any change in vision.
- Redness, heat or discharge from incision sites.

If you have any questions or problems, call the office anytime at (215) 354-1010

I have received this instruction sheet, understand the information presented and agree to carry out the instructions as described above.

Patient signature\_\_\_\_\_ Date\_\_\_\_\_ Surgeon\_\_\_\_\_