

## Blepharoplasty Instruction Sheet

### Prior to your Blepharoplasty procedure

- Prior to your procedure, you will have your “Pre Op” visit with Dr. Papalian generally 2 weeks before to your surgery.
- At that time, your medical condition will be reviewed and any preoperative testing evaluated.
- You will be given clear information on what to expect before, during and after surgery.
- You will be provided with a prescription for your postoperative medications and it is recommended that you have the prescriptions filled at your local pharmacy and ready at home prior to your surgery
- Smoking before surgery always will increase your risks, however it is imperative that you refrain from smoking for 6 weeks prior to your procedure.
- Avoidance of Aspirin and Aspirin containing products is strictly prohibited for 14 days before surgery.
- It is recommended that you avoid alcohol for 48 hours pre operatively.
- “Herbal remedies” and “herbal supplements” are to be avoided for 14 days preoperatively.
- You will be given instructions by Dr. Papalian, on which of your prescription medications you should continue to take before your surgery at the time of your Pre-Op visit.
- Nausea after surgery is not an uncommon finding. Dr Papalian finds that if you eat a light, low residue, low volume diet for the entire day prior to surgery, patients often have fewer issues with nausea.
- Hydration however is important. Drink plenty of water.
- The night prior to surgery, after midnight, it is important that you DO NOT EAT OR DRINK ANYTHING, including water.
- You will need to ensure that you have proper help at home for after surgery. It is always recommended that you have someone with you for the first night after surgery.
- You will need to arrange for your transportation to and from the facility and for your first postoperative visit, as it is recommended that you not drive to the first visit.
- Surgery, while anxiety provoking, should be a controlled fulfilling experience. You will be provided with all the information needed to ensure you are prepared and “ready” for your procedure.

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- Dr Papalian will guide you “each step of the way” and ensure that you are comfortable with your progress
- You should ask questions and feel free to contact the office if you need any information.
- Have Ice Packs ready at home. Patients will often use “Frozen Peas” for Ice Packs

### Your Blepharoplasty Surgery Day

- After midnight the night before surgery, it is important that you DO NOT TO EAT OR DRINK anything, including water.
- It is best to wear clothes that are easy to slip on. A top that is either a front zipper or button is recommended
- Your procedure will be performed as an **outpatient** at the **Plastic Surgery Center in Palo Alto**.
- Your procedure will be performed under **Local Anesthesia with Sedation**. You will be relaxed, but not “asleep”.
- After your procedure, you will spend time recovering at the center. There is no defined time for discharge. The facility staff will ensure that you are ready to go home before you are discharged.
- You will need transportation home from the facility.
- After surgery you may resume your routine prescription medications.
- At home, keep your head comfortably elevated with pillows. Avoid bending over.
- Apply Ice compresses to your eye region as much as possible for the first 4 hours. After 4 hours, “breaks” are acceptable, but the more icing you do, the less swelling and bruising you will have.
- When it is time for sleep, get your rest with your head elevated on pillows.

### Recovery Following Blepharoplasty

- Recovery from Blepharoplasty is typically rapid.
- Discomfort following surgery is commonly minimal and most often described as “soreness.” The discomfort is often alleviated with Tylenol, although pain medication is prescribed.
- You may shower and wash your hair the day following surgery.
- Swelling and bruising will typically peak on Day 3 after surgery and then begin to resolve. Bruising usually resolves in 7-10 days.

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- You will be seen on the first postoperative day in the office to ensure your healing. Starting the day after surgery you will be given instructions on lower eyelid “exercises” to prevent tethering of the lower eyelid in order to avoid the “surgery look.”
- Sutures will be removed on the 6<sup>th</sup> postoperative day and you may begin to wear makeup.
- Most patients return to work in 7-10 days.
- Important social engagements are best delayed for 4 weeks post operatively.
- Regular exercise can be resumed in 10 days.
- You will continue to see improvement in your eyes for months after surgery, as they will continue to “soften.”

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