



BOICE-WILLIS CLINIC  
**PLASTIC  
SURGERY**

45 Guardian Court, Ste. 150, Rocky Mount, NC 27804  
252-937-0204  
Karen Szymanski, DO MPT

### **INSTRUCTION SHEET FOR BLEPHAROPLASTY**

*Please follow some basic guidelines in order to maximize results and to minimize any risks or complications in your post-operative recovery.*

#### ***Before your surgery:***

- **Avoid smoking and second hand smoke.** Cigarette smoking impairs wound healing, blood flow, and respiratory secretions. Do **not** use nicotine patch or gum at this time.
- **Avoid alcohol.** Alcohol can be a blood thinner, so we recommend no drinking for two weeks prior to surgery and for two weeks following surgery.
- **Avoid aspirin, aspirin-containing products, and anti-inflammatory products.** All of these products may increase bleeding during surgery. Since many over-the-counter medications contain aspirin, please read labels carefully and refer to the comprehensive list of medications to avoid. *If aspirin is being prescribed for a heart condition or other medical conditions, please notify us for further instructions.*
- **Scrub face with antibacterial cleanser prior to surgery.**
- **Have a support system in place.** Make arrangements for a responsible adult to take you to and from the hospital or surgery center and remain with you for the first 24 hours.
- **Do not have anything to eat or drink after midnight the day prior to surgery.** This includes water, chewing gum, and mints. On the morning of surgery, you can brush your teeth but do not swallow any of the water. Prescription medication may be taken with a small sip of water on the morning of surgery.
- **Drink extra water the day before surgery** (but be sure to stop drinking by midnight!) A well-hydrated body is less likely to experience nausea after anesthesia.
- **Get prescriptions filled prior to surgery.** You will be given antibiotics and pain medications at your pre-operative visit, get them filled in advance of your surgery.
- **Follow guidelines outlined in Dr. Szymanski's peri-operative protocol.** These will all help to decrease the amount of swelling and bruising from your surgery.
- **Get proper rest the day before surgery.**

#### ***The day of surgery:***

- Wear button down shirt so nothing tight has to be pulled over your head.
- Do not wear any jewelry or make-up.
- Be prepared to get along without your contact lenses for approximately ten days after surgery.
- Please arrive to the hospital or surgery center at the appropriate scheduled time.

**Once you are home:**

*You are now on the road to recovery. It is very important that you pay close attention to following the instructions listed below. These will help to assure improved wound healing and decrease the risk of postoperative complications. Following the instructions will help make your recovery easier.*

- **Take your antibiotics and pain medication as prescribed.** Try to have some food in your stomach when taking medications to avoid nausea. If you experience any itching, rashes, or respiratory difficulties, please notify the office, as you may be allergic to one of the medications. For minor discomfort you may take Tylenol®, if not allergic.
- **Plan to rest and recuperate at home for the first 24-48 hours.** After sedation or general anesthesia, expect the effects of the medications to slowly pass. Although you may feel clear-headed, important decisions and driving should be avoided.
- **Cooling the lids is important to limit swelling in the first 24-48 hours.** Have available small ice packs or bags filled with frozen peas to use as cold compresses. Rotate 20 minutes on, 20 minutes off, for the first 24 hours while you are awake.
- **Elevation of head is important to limit swelling.** Two pillows at a minimum should be used to keep head propped up for at least the first week following surgery. If you sleep on your side, you will have increased swelling on one side in the morning.
- **Tobradex ointment can help decrease swelling and eye irritation.** This ointment is usually given after surgery at the center or a prescription can be given to you. It can be applied directly in the eye above lower eyelid and it is important to close eyes and rest following application because it will make vision blurry. It should be used for the two days following surgery.
- **Expect some bloody drainage from the eyelid incisions for the first 24 hours after surgery.** This is normal and it will pass quickly. For the first night or two, protect your pillow with a towel in case there is some spotting.
- **You can shower 24 hours after the surgery.** Incisions can get wet but be gentle over area, pat dry, do not rub over incisions.
- **Avoid strenuous activities and any motion that causes blood rush to the head.** Activities such as bending over, lifting, power walks or other strenuous exercise could provoke bleeding and lead to increased bruising. This restriction should last for a minimum of two weeks, and activities should be resumed gradually.
- **Eye rest is important following your surgery.** Do not attempt to read or watch television for the first 48 hours. You may experience light sensitivity in the initial post-operative period.
- **If your eyes feel dry and scratchy after surgery, artificial tears (saline drops) may help.** These drops are available at your drugstore.
- **Sutures will be removed after approximately 4-7 days.** If any incisions are covered with steri-strips (tapes), please leave in place and they will be removed or changed by the MD or physician assistant.
- **Discoloration, swelling, and bruising usually peaks at 36 hours, then gradually fades.** Most patients will be clear of any discoloration by two weeks. If at this time there is any residual discoloration, our esthetician will instruct you in the use of camouflage make-up. Adhering to vitamin supplement regimens has been shown to help in decrease bruising.

- **Do not drive until swelling subsides and while taking prescription pain medication.** We do not want you driving if you are having any discomfort or if swelling is affecting your vision. Always remember that you are “under the influence” when taking prescription pain medication.
- **Protect incisions with good sunblock for the first three months.** Scars will tend to redden more during the initial period, so they need to be protected from sun exposure strong sunblock. Avoid tanning beds for the first three months as well.
- **Remember to eat healthy and include protein in your diet.** Protein is essential to the healing process, and it is best to avoid foods with lots of sodium as they will increase swelling. Continue Vitamedica supplements if purchased.
- **Do not hesitate to call the office if you have any questions regarding your recovery.** Observe your skin and incision carefully, and contact us if you experience anything that seems concerning to you. Look for any redness, puffiness, unusual drainage, opening of an incision, or an increased temperature (over 100°). Persistent nausea, sudden increase in swelling, bruising or pain should be reported to our office.
- **Come to your scheduled follow-up visits.** Call the office to schedule a follow-up appointment, if this was not previously arranged. We closely follow patients after their surgery to ensure proper healing and to reinforce postoperative instructions to make this the best possible surgical experience.