



ALEMI FACIAL PLASTIC SURGERY

Sean Alemi MD FACS

Blepharoplasty/Lid Pinch Instructions

We are honored that you have chosen Dr. Alemi to be your surgeon. Below, you will find our pre and post-operative instructions. Please read them carefully to familiarize yourself with our protocols. Please reach out with any questions or concerns! We look forward to taking care of you.

Please purchase the following items in advance:

- Hydrogen peroxide
- Q-Tips
- Cetaphil skin cleanser
- Refresh eye drops (preservative free)
- Systane Nighttime lubricating eye ointment
- Arnica & Bromelain supplements (recommended)

The following medications will be prescribed to you:

- Antibiotics
- Pain Medication
- Anti-inflammatory medication
- Anti-nausea medication
- Antibiotic eye ointment

PREPARING FOR YOUR SURGERY

- 4 weeks prior
 - Obtain medical clearance for your upcoming procedure. This will include some basic blood work, an EKG and possibly a chest X-Ray
 - Stop using all nicotine products (including smoking, vaping or smokeless)
- 2 weeks prior:
 - Do not take ibuprofen or Aspirin products, such as Advil, Motrin, Aleve, Aspirin, Excedrin, Midol. Tylenol is OK to use as needed.
 - Do not drink alcohol as it can increase bruising and swelling
- 3 days prior:
 - Start taking Arnica & Bromelain supplements
- 1 day prior:
 - If you are undergoing laser resurfacing, start Valacyclovir prescription
 - Wash your hair with shampoo, but please no conditioner!

THE MORNING OF SURGERY

- Wash your face with Cetaphil cleanser
- If instructed to do so, take your prescription medicines with a sip of water (your pre-op RN and/or anesthesiologist will review this with you)
- Please ensure all makeup is completely removed
- Do not wear make-up or moisturizer on your face
- Wear loose, comfortable clothing that opens in the front and comfortable shoes.
- Do not wear contact lenses
- Do not wear jewelry
- Leave all valuables at home
- Please make arrangements for a responsible adult to pick you up from our center and stay with you throughout the night.

POST OPERATIVE

- Your vision may be blurry for a day or two following surgery because of the medicated ointment we use to protect your eye during surgery.
- **During the first 24 hours after surgery, it is common to have painful or burning sensation in one or both eyes. Please follow these directions to alleviate discomfort**
 - Place cold compresses over the lids (keeping the eyes closed). Do this for 20 minutes at a time (20 min on, 20 min off) for the first 3 days after surgery. You may use frozen pea-packs in a clean ziplock or a baggie filled with crushed ice. Always use a gauze sponge between the ice pack and your skin.
 - Apply a thin layer of Systane nighttime ointment directly to the eyeball prior to bed
- Dgi kppkpi "vj g'f c{ "chgt" { qwt "wxti gt { . "engcp" vj g' lpekukqpu' wulpi "c'S / xkr "cpf " j { f tqi gp' r gtqz kf g' vy keg' f ckn{ "vq" i gpw{ 'y kr g'cy c{ "cp{ "f tkgf "dmqf 0Dg" ectghwn' pqv'q' i gv'vj g'j { f tqi gp' r gtqz kf g' l'p" vj g' g{ g0
- Chgt "engcpkpi "vj g' lpekukqp. "crr n{ "c' vj kp" r { gt "qh'gt { vj tqo { elp "cpvdkqle" g{ g" qkpw gpv'q' vj g' lpekukqp0
- **During the first week after surgery, it is common to experience dry eye sensation**
 - Lubricating eye drops (preservative free Refresh) can be applied every hour
 - Systane Nighttime lubricating ointment can be applied directly to the eyeball at night prior to bed
- Take two Tylenol (1000mg) every six hours as needed for discomfort, or use the prescription pain medication for discomfort not controlled by the Tylenol. The prescribed pain meds are effective for pain; however they can also cause nausea and constipation.
- Colace (an over the counter stool softener) may be used to help alleviate constipation related to the pain medication.
- Take the antibiotics as directed until all of the medication is gone
- You may be prescribed additional medications to treat swelling during the first week after surgery. Please take these medications as directed.
- You may resume driving once you feel comfortable and alert. Do not drive if you are taking narcotic pain medications.
- Please do not use contact lenses for 2 weeks or until cleared by Dr. Alemi.

RESUMING EXERCISE

- You may start leisurely walking after 1 week
- Light, low impact cardio (jog, stationary bike, elliptical) after 2 weeks
- Light resistance training after 4 weeks
- Resume full intensity workouts at 6 weeks

PLEASE CALL OUR OFFICE IF

- You experience sudden swelling on one side of the face, associated with intense pain. The affected side of the face becomes very firm and swollen compared to the opposite side.
- Sudden changes in vision or new double vision
- You have signs of infection including increasing redness, pain, foul odor or oozing from an incision.

Patient _____ Date _____

Witness _____ Date _____

Alemi Facial Plastic Surgery
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