



PLASTIC SURGERY, REGENERATIVE AND MEDICAL SPA

# Upper Eyelid Lift



## Pre/Post Operative Instructions

Important Information from Dr. Rohit Jaiswal, MD  
at DrSkin Plastic Surgery, Regenerative & Medical Spa

## Congratulations!

Congratulations on successfully undergoing your surgery! This document has been meticulously crafted to guide you through the post-operative process, with the goal of ensuring the smoothest possible recovery and achieving the best possible outcomes. It is of paramount importance that you review this information in its entirety and adhere strictly to all provided instructions. Your diligent compliance will significantly contribute to the overall success of your recovery.

Should you have any questions or require further clarification, please do not hesitate to contact Dr. Jaiswal and the expert medical staff directly at DrSkin Med Spa at **(888) 717-1631**.

### Before Surgery

Please stop taking the following two weeks before surgery: Aspirin, Ibuprofen, Aleve, Fish Oil, Red Wine, Multi-Vitamins.

If you have eyelash extensions, please remove these before surgery.

Dr. Jaiswal will direct you whether or not to continue Botox prior to surgery.

### Day of Surgery

Please arrive at the instructed time and facility.

Wear loose, comfortable clothing that you would not mind getting a little dirty.

Do not take any pre-op medications until you are directed to do so by Dr. Jaiswal.

### After Surgery

When you go home, start applying a cool compress to the eyes immediately.

Keep the head elevated at all times and sleep upright.

Use the eye drops and ointment as directed.

Bruising and swelling are expected.



## 🕒 POST OPERATIVE TIMELINE

- **0-7 days:** Expect swelling and bruising. The bruising may extend onto your lower eyelids or cheeks. The eyes may not close fully.
- **1-2 weeks:** Bruising should start to fade. Any remaining bruising may be easily covered by makeup. Bandages and sutures will be removed in 1 week. Apply lotion to the incisions. Patients typically return to work at this time.
- **2-4 weeks:** Swelling should mostly subside. Scars may be raised, pink, or red.
- **1-3 months:** All swelling should subside. Scars will continue to flatten and lighten.
- **3-6 months:** Final results of upper lid contour should be visible. If scars have not lightened then laser treatment may be considered.
- **6-12 months:** Scars will continue to mature. At 1 year the final scar appearance will be known. Scar revision, if necessary, is not recommended until this time.

## 🛡️ MEDICATIONS

Please obtain the following medications prior to the procedure:

- **Xanax 1 mg tablets (prescription):** Take immediately pre op only.
- **Over the counter eye drops (non-prescription):** Use 2 drops in each eye every 4 hours or as needed for dry/irritated eyes.
- **Refresh PM ophthalmic ointment (non-prescription):** Use at night before bedtime or before naps.
- **Arnica Montana 30 c pellets (non-prescription):** Take 5 pellets four times per day to help with bruising and swelling.

Post-operative care is a critical component in facilitating the smoothest and most successful recovery. For this reason, it is crucial that you adhere carefully to the following instructions:

- **Cool compress:** As soon as you get home apply a cool compress to the eyelids. I recommend applying it for 20 minutes, then taking a 20 minute break before re-applying. You may use a wet washcloth that is dipped in ice water, a commercially available cooling ice mask, small bags of frozen vegetables (or frozen vegetables placed in a Ziplock bag), or steeped tea bags that have been frozen. Use this regimen as much as possible for 1 week.

- **Scar care:** At 1 week the sutures and bandages will be removed. At this point start applying lotion or ointment. Popular options include Vitamin E lotion, coconut-based lotion, Aquaphor, Vaseline, Bacitracin, or Neosporin. In addition, medical grade scar treatments such as BioCorneum can be used. If you experience any redness or irritation as a result of using one of these, stop immediately.

- **Eye lubrication:** Use the eye drops and eye ointment as directed above. The eyes may become temporarily dry or irritated after surgery and these will help with those symptoms.

- **Caution!:** Once the sutures are removed the scar is still very fragile. Be sure to only gently dry the eyes after showers. Avoid rubbing the eyes. Avoid sleeping on your face for four weeks.



## IMPORTANT SUPPLEMENTS

### Protein

Why should I take this supplement? Protein is necessary for healing. Having an open wound and/or undergoing surgery increases your protein requirements.

**Side effects:** Avoid if you have kidney disease or are on dialysis.

### Glutamine and Arginine

Why should I take this supplement? Glutamine and Arginine are amino-acids which help with wound healing.

**Side effects:** Common side effects include gastrointestinal issues. Arginine should be avoided in patients with low blood pressure.

### Vitamins and Minerals

Why should I take this supplement? Certain vitamins and minerals help wound healing. Surgery can increase how much you need and they can be used to improve wound healing.

#### Vitamin A

**Side effects:** Patients with abnormal liver function or malnutrition can accumulate leading to side effects. Side effects include dry mucous membranes, vomiting, headache, muscle or bone pain, and hair loss.

#### Vitamin C

**Side effects:** This is relatively well tolerated except in patients with a history of kidney stones. Common side effects are gastrointestinal issues.

#### Vitamin D

**Side effects:** In patients with a history of kidney stones, Vitamin D can result in an increased risk.

#### Zinc

**Side effects:** Common side effects are gastrointestinal issues.

### Omega-3 fatty acids

Why should I take this supplement? Omega 3 fatty acids can help with wound healing, inflammation and preventing infection.

**Side effects:** Common side effects include gastrointestinal issues.

### Probiotics

Why should I take this supplement? Your body's natural intestinal flora serves a wide range of functions including immunity, healing, and nutrition. Surgery and especially antibiotics can alter the normal function of your intestines leading to poor healing immunity, nutrition, and motility.

**Side effects:** Common side effects are bloating and diarrhea.

### Homeopathic Therapies

**Curcumin-** a natural compound found in turmeric, a spice. Why should I take this supplement? This supplement is an anti-oxidant that can help wound healing and prevent infection.

**Side effects:** None known

**Arnica-** extracted from Arnica montana, a plant that grows in the Swiss Alps. Why should I take this supplement? This supplement can decrease bruising and swelling.

**Side effects:** None known

**Bromelain-** an enzyme found in pineapples. Why should I take this supplement? This supplement can decrease bruising, swelling, and sometimes pain.

**Side effects:** None known



Dr. Rohit Jaiswal, MD



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## MEDICATION TO AVOID 2 week before and 2 weeks after surgery

### A

Advil  
Aleve  
Alka Seltzer  
Anacin  
Anexsia  
Anodynos  
APC  
Arthritis Pain Formula Ascriptin  
Aspergum Asphal Aspirin B-A

### B

Bayer  
Bayer Decongestant Bayer Timed Release BC Tablets  
Buaa-A Compound #3 Bufferin

### C

Cama  
Campron Capsules Cogespirin  
Cope  
Coricidin

### D

Damason  
Darvon  
Dolcin  
Dolene Compound Dolor  
Duradyne  
Duragesic

### E

Ecotrin  
Empirin  
Equagesic  
Excedrin

### F

Feldene  
Fiorinal  
Fizri Powder Gemnisyn

### I

Ibuprofen

### M

Measurin  
Meprogesic  
Midol  
Mobic  
Momentum  
Motrin

### N

Naprosyn  
Nilain  
Norgesic Novahistine

### P

Pabirin  
PAC  
Panodynes Percodan  
Persistin

### Q

Quiet World Tablets

### R

Relafen  
Robaxisal Sal-Fayne Stanback  
Tablets Stanco

### S

Super Anahist Synalgos Talwin  
Traminicin Trigesic Vanquish  
Viromed

### W

Way Cold Tablets Zactirin



## PRODUCTS TO AVOID 2 weeks before and 2 weeks after surgery

- Alcohol (ok in moderation only)
- Chinese herbs
- Dried Leech Extract
- Echinacea
- Garlic (ok in food but don't take capsules)
- Ginger (ok in food but don't take capsules)
- Gingko (watch out for at juice bars as "memory enhancer" additive and Ginseng
- Protein Powders containing Vitamin E
- Omega Fish Oil
- Red Wine
- St John's Wort
- Vitamin E (ok in Multiple Vitamin, but don't take extra)

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