



PLASTIC SURGERY, REGENERATIVE AND MEDICAL SPA

Lower 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 one week before surgery: Aspirin, Ibuprofen, Aleve, Fish Oil, Red Wine, Multi-Vitamins

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

Dr. Jaiswal may have you get clearance from an eye doctor.

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.

Keep all bandages in place, if dirty we will replace them in the office.



🕒 POST OPERATIVE TIMELINE

- **0-7 days:** Expect swelling and bruising. The lower eyelids may pull away from the eyeball or be pulled down. Keep the bandages in place. Start massage and stretching exercises as directed by Dr. Jaiswal. You may notice a change in eye shape which is likely temporary.
- **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. Patients typically return to work at this time. Additional eye drops may be prescribed by Dr. Jaiswal. The eyes should begin to normalize in shape.
- **2-4 weeks:** Swelling should mostly subside. Scars may be raised, pink, or red. If the lids have pulled away from the eyeball they should start to normalize.
- **1-3 months:** All swelling should subside. Scars will continue to flatten and lighten. The lids will continue to improve in position.
- **3-12 months:** Final results should be visible. If revision is necessary then discussion will be held at this time.

🛡️ MEDICATIONS

Please obtain the following medications prior to the procedure:

- **Xanax 1 mg tablets (prescription):** Take immediately pre op only.
- **TobraDex eye drops (prescription):** Use one drop in each eye four times a day one day before surgery and on the day of surgery. Then use 1 drop two times per day for 5 days after surgery.
- **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 op care of the eyelids is extremely important for ensuring the smoothest possible course. Please follow the directions as below:

- **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.

- **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.

- **Scar care:** At 1 week the sutures 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.

- **Exercises:** Start doing massage and stretching the day after surgery. Use your fingers or a Q tip and do a gentle circular massage starting from the inner corner and going to the outer corner. Then stretch your lower lids by pulling upward in the center and holding it for 10 seconds, every hour.



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



PLASTIC SURGERY, REGENERATIVE AND MEDICAL SPA



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 Cogespurin
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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