AESTHERA

PLASTIC SURGERY

BLEPHAROPLASTY INSTRUCTIONS

This handout provides information on how to prepare for your blepharoplasty operation and what to expect as you are healing after your operation. Please read the handout carefully. Feel free to ask questions at any time.

Important information about preparing for your blepharoplasty operation:

1. Do not take products containing aspirin, ibuprofen (Advil, Motrin),Vitamin E or red wine for 2 weeks prior or for 2 weeks after your operation. Many medications contain these compounds which are known to prolong bleeding. It is safest to take only Tylenol® for aches and pains prior to your operation.

2. Your prescriptions will be sent to you ahead of time. You should fill these prior to surgery and have them available for when you arrive home from the hospital.

3. Please arrange for a friend or family member to stay with you for the first 24-48 hours following your surgery. If you cannot do this, make sure that you have everything you will need for the first 48-72 hours.

4. Be aware that you will not be able to fly for two weeks following your operation and please plan accordingly.

5. In general, you will need one week and possibly two weeks off from work. You will feel fine before 2 weeks, but often bruising lasts 14 days, occasionally longer.

On the day of your operation:

- Do not wear makeup, contact lenses or jewelry on the day of your operation. Do not use hairspray, gel or mousse.

- Please keep your valuables at home. You may bring your glasses and a pair of sun glasses for the car ride home.

- Wear comfortable clothing that is easy to dress in and out of. Wear a shirt that buttons down the front.

After your operation:

1. After your operation, you may have blurred vision because of ointment in your eyes. Vision usually clears within a few days.

2. Keep ice compresses (2 X 2 gauze pads dipped in iced water and wrung out) on your eyelids for the first 48 hours.

3. Use HYPOTEARS eyedrops in the eyes during the first 3 to 4 weeks, as needed for comfort. Do not pull down on the eyelids when instilling the eyedrops; be very gentle.

4. Use LACRILUBE ointment in the eyes at night if eyelids do not close fully during the first month or for persistent dryness.

5. While sleeping, keep your head elevated on several pillows formed into a wedge and lay on your back.

6. For the first 48 hours, rest quietly. You may get up to use the bathroom or to take a light walk around the house. Exercise caution in your home and be careful with tasks such as climbing stairs when you are taking pain medications.

7. Use the pain medication as prescribed when you are feeling uncomfortable.

8. When bending, bend at the knees only, not with your head down.

9. An occasional complaint after the operation is nausea. This generally passes within 24-48 hours. It is important that you drink liquids frequently after your operation. Do not take your pain medication on an empty stomach as you may experience nausea and/or vomiting.

10. On the first day after your operation, you may gently wash your face by patting it with a face cloth.

11. Do not wear eye makeup for 10 days.

12. You cannot wear contact lenses for 3 weeks.

13. You may shower and wash your hair 2 days after the operation.

14. It will be at least 2 weeks before you can begin light exercise such as walking or using a stationary bike.

15. Jogging is permitted at 3 weeks.

16. Heavy or very strenuous exercise and heavy lifting are not permitted for 6 weeks.

17. Avoid the sun for 6 weeks after your operation. You must use sunscreen with an SPF of 30 for one year after the surgery. Apply the sunscreen to your face and directly over the scars. It is recommended that you continue to use sunscreen after one year.

18. Most patients can drive after one week. Be aware that pain medications cause drowsiness and should not be used before driving.

What to expect as you are healing:

1. You will have bruising and swelling around your eyes and face that will take 1-2 weeks to subside.

2. Your incisions may be raised, red, and feel hard for several months, but most incisions are inconspicuous after 2-3 weeks.

Follow-up appointments:

1. You will have several follow-up appointments after your blepharoplasty operation.

2. Your first follow-up appointment will be at 1 week. At this time, you will have any sutures removed.

3. Subsequent appointments will usually be at 1 month, 3 month, and 1 year postop suggested by Dr. Chegireddy.

If you have any questions you may reach Dr. CV Chegireddy by calling the office at (404) 446-0046 during and after business hours.