**BLEPHAROPLASTY (Eyelid Surgery) INSTRUCTIONS**

**PREPARING FOR SURGERY**

* Avoid aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve), and other NSAIDs for 2 weeks prior to your surgery. Acetaminophen (Tylenol) is OK.
* Stop taking herbal medications and vitamins 2 weeks before surgery as these may thin your blood.
* Refrain from ALL nicotine use including nicotine replacement therapy 1 month before and 2 weeks following surgery. Nicotine and tobacco can significantly delay healing, prevent fat transfers from being successful, and result in possible scarring.
* Refrain from ALL recreational drug use and any THC usage in any form at least 2 weeks prior to surgery and 2 weeks after surgery. Drug use can cause an increased heart rate and pulmonary complications, which can also lead to bleeding in the early post operative period.
* Discuss any eye disorders (i.e., dry eye, glaucoma, recent surgery) with our team. Certain medications may not be used during the recovery period.
* You will need to schedule a pre-operative physical with your primary care provider **3-4 weeks prior** to your procedure.
* Two weeks prior to surgery you will have a pre-operative phone call with our team. During this call, we will review your medical history and answer any questions you may have about the procedure. It is important that you have completed the physical with your primary care provider prior to this call with our team.
* Plan to take 14 days to rest; after that the bruising is coverable with makeup and the swelling is minimized.
* Arrange to have someone, 19 or older, drive you home from surgery and stay with you for at least 24 hours after the procedure. NO Uber/ride share services allowed.
* You will receive an email with individualized day of surgery instructions.
* All body piercings/metal jewelry MUST be removed prior to the day of surgery. Failure to do so will result in an additional fee collected the day of surgery
* If you’re on any GLP-1 receptor agonist (Semaglutide, Ozempic, etc.) weight loss injections or tablets, refrain from injecting or taking those 3-4 weeks prior to surgery, or as otherwise directed by your surgeon.

**SHOPPING LIST**

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1. New tube of Vaseline or Aquaphor Ointment

2. Q-tips

3. Eye drops/ointment for moisture

4. Stool softener (docusate)

5. Tylenol (acetaminophen)

6. Baby/gentle shampoo

7. Easy-to-prepare, easy-to-chew meals and snacks

8. Ice packs/fFrozen peas (2 bags)

9. Prescription medications- we will send these to your pharmacy prior to your procedure

10. Optional: Arnica Forte® (Arnica Montana and bromelain) for bruising and swelling

11. Optional: makeup to cover any bruising

**POST-OPERATIVE CARE**

* Keep your head elevated for the first 48 hours. A recliner is best. Sleeping with extra pillows works as well. This will minimize swelling and help avoid rolling during sleep.
* Apply lightweight ice packs or cool compresses to the eyes as much as possible for the first 48 hours. Our suggestion is to ice for 15 minutes, remove for 15 minutes, and repeat. It is important to protect your incisions while icing by keeping a generous layer of Vaseline or Aquaphor over any sutures.
* Avoid getting your sutures wet. You may take a shower but avoid placing your face in a direct stream of water. To avoid splashing water on your face, we recommend using a gentle washcloth to cleanse the face.
* Use a Q-tip to apply Vaseline or Aquaphor ointment to your incisions 3 times per day. Q-tips are preferred as using your finger increases the risk of infection.
* 1 week after surgery, you will have your sutures removed.
* Minor swelling and bruising largely resolves within the first week. There may be some mild residual swelling that can take longer to resolve, but generally does not preclude returning to work or social events.
* You can resume your normal diet but avoid foods that require tall bites (i.e.- Big Mac) or excessive chewing (I.e.- steak) for 1 week after surgery.
* You must protect your eyes from the sun and wind. Wear dark sunglasses with frames that provide plenty of coverage whenever you go outdoors.
* Do not wear contacts for 4 weeks. You may wear light weight glasses that don’t rest on the lower eyelid skin or your incisions.
* You may start wearing makeup 5 days after surgery but do not apply to incisions.
* After surgery, it is important to have a bowel movement within a day or two. If you do not, you may take over-the-counter stool softeners to encourage your bowels to move.
* All patients are placed on antibiotics after surgery to prevent an infection. Please complete the ENTIRE course of medication.
* Travel: you should wait to travel by air or long distances until cleared by Dr. Harbison. It is best to keep your car rides shorter than 60 minutes to avoid blood clots.
* Resuming physical activities:
  + Light activity (preparing meals, walking around the house) is encouraged immediately to prevent blood clots but no heavy lifting greater than 10 pounds, bending over, or straining until cleared by Dr. Harbison.
  + Driving: once you are no longer taking pain medications
  + Sports: 6 weeks
  + Swimming, sauna, hot tub: 3-4 weeks or as directed by Dr. Harbison
  + Scuba diving: 12 weeks

**QUESTIONS?**

* During normal business hours please call 402-739-8144 and follow the prompts to speak with our clinical team. To ensure a timely response, please call our office with medical questions. Please do not email or text post operative questions.
* If you have a concern after hours, you can follow the prompts to speak to our on-call service. Please note, our call service is unable to answer detailed questions about your care. Please contact our office during normal business hours to speak to one of our plastic surgery team members. If you are experiencing a life-threatening emergency, please go to the nearest emergency department.