

Blepharoplasty (Local & Gen.)

Pre & Post Operative Instructions

Your Surgery: Please check the appropriate box

☐ General Anesthesia Case:

General Anesthesia: This type of anesthesia renders you completely unconscious during the procedure, ensuring you feel no pain and have no memory of the surgery. It is typically used for more extensive operations and requires careful monitoring by an anesthesiologist.

- Instructions: Nothing to eat or drink 8 hours before surgery. This includes water, mints, candy, or gum.
- Post-Surgery Transportation: It is mandatory to arrange for a ride home from surgery with a family member or friend. Patients may not use taxis or Ubers.
 - Why?: After surgery, especially with general anesthesia, it's important for your safety to have someone responsible to take you home and provide care for at least 1-2 days. This ensures that you have the necessary support during the initial critical recovery period. If you do not arrange for transportation and care for at least 1-2 days, then your surgery may be canceled, at your expense.

OR

☐ Local Anesthesia Case: (please also select either option A or B)

- **Option A: Local Anesthesia Only:** This option involves the use of medications like Lidocaine to numb the specific area of your body where the surgery will be performed. You remain fully awake and alert during the procedure, feeling no pain in the treated area. This method is ideal for patients who prefer the simplest form of anesthesia, allowing for a quicker recovery time and minimal postoperative side effects.
 - You do not need to fast, and may eat & drink whenever you choose.
 - You may drive yourself home & do not require a caregiver after surgery.
- **Option B: Local Anesthesia with Sedation:** This option combines local anesthesia with oral & IV sedative medications to help you relax during the procedure. While you will be awake, the local anesthetic ensures you do not feel

pain at the surgery site, and the sedatives help create a more comfortable and less anxious experience. This method is often chosen by patients who may feel nervous about the surgery but prefer not to undergo general anesthesia.

- Instructions: Nothing to eat or drink for 3 hours before surgery. This includes water, mints, candy, or gum.
- Post-Surgery Transportation: It is essential to arrange for a ride home from surgery with a family member or friend. Patients may not use taxis or Ubers.
 - Why?: After surgery, it's important for your safety to have someone responsible to take you home and provide care for at least 1-2 days. This ensures that you have the necessary support during the initial critical recovery period.

Shopping List

- ☐ Artificial Tears: Or preservative free lubricating eye drops (such as Systane).
- ☐ Optional: Cooling Gel Eye Mask (can also use a wash-cloth): This is used for comfort & to help reduce swelling following surgery.

Pre-Operative Instructions

Medication Management Before Surgery: Guidelines for Minimizing Bleeding Risks

These are general recommendations. For more information please refer to the email: Preoperative Instructions for Your Upcoming Surgery &/or contact our office for a safe plan tailored to your health needs and surgical procedure

- **Aspirin and NSAIDs:** Please discontinue use at least 3 weeks before your surgery, unless otherwise directed by your surgeon.
- **Anticoagulants (Warfarin, Heparin, Direct Oral Anticoagulants):** The discontinuation schedule varies. Please consult your surgeon at least 3 weeks before surgery to discuss a tailored plan, which may include temporary adjustments to your regimen or bridging therapy.

- **Herbal Supplements and Vitamins:** Discontinue any herbal supplements and vitamins that can increase bleeding risk, such as vitamin E, fish oil, ginkgo biloba, and garlic, at least 2 weeks prior to surgery.
- **ADD / ADHD medications** are to be avoided the day before surgery.
- **Contrave (Naltrexone-containing meds):** Patient must consult with the prescribing physician about when & how to stop this medication prior to surgery.
- **Weight Loss Meds (Ozempic, Wegovy, Semaglutide, ect.), & Biotin.:** are to be stopped 2 weeks prior to surgery.
- **Illicit Drug Use:** Please be honest about any illicit drug use during the preoperative assessment. Your safety is our priority and accurate medical information is crucial for planning a safe and effective surgical procedure.
 - Illicit drug use can have significant interactions with anesthesia and other medications administered during surgery, potentially leading to complications.
 - **Examples of the most important substances to mention include:**
 - Cocaine & Meth.

Consultation Is Key: If you are taking any of the above medications or supplements for chronic conditions, do not stop them without first consulting with the physician who prescribed them and your surgeon.

Together, we will develop a safe plan tailored to your health needs and surgical procedure.

4 Weeks Before Surgery

- **Reducing/Stopping Nicotine:** We strongly recommend reducing or ideally stopping nicotine (including cigarettes, oral tobacco, e-cigarettes with nicotine, patches, lozenges, and/or gums) for 4 weeks before and after your surgery.
 - **Why?:** Nicotine can significantly hinder your healing process and increase the risk of complications. Nicotine constricts blood vessels, which can impair blood flow to the surgical area, affecting healing and recovery. Any reduction in nicotine exposure is beneficial and contributes positively to your surgical outcome.

2 Weeks Before Surgery

- **Alcohol Consumption:** We encourage patients to reduce or stop alcohol consumption for at least 2 weeks before and after surgery.

- Why?: Alcohol can increase the risk of bruising, swelling, and can prolong the healing process. Reducing alcohol intake, even if complete cessation is challenging, but can significantly improve your recovery experience.

The Day of Surgery: Your Preparation Guide

On the day of your surgery at Asia Pacific Surgery, we prioritize your comfort, safety, and the success of your procedure. To help everything go smoothly, please follow these guidelines carefully:

- Shower or Bath: On the day of surgery, please take a shower or bath using soap (either antimicrobial or non-antimicrobial).
 - Avoid Applying Products: Do not apply any lotions, perfumes, or other products to your skin after bathing.
- Medications:
 - Blood Pressure Medications:
 - Take your blood pressure medication as usual, including the day of surgery. On the day of surgery, take it with only a small sip of water.
 - Diabetes Medications:
 - DO NOT take any oral and/or injectable diabetic meds the night before or the morning of surgery.
 - Only take medications approved or prescribed by your surgeon with a small sip of water.
- Fasting: Adhere to the fasting instructions provided by your surgical team.
- Jewelry and Valuables: Remove all jewelry and refrain from bringing valuables to the clinic, including piercings.
 - If you have metal hair extensions (such as clip-in or microbead extensions), please inform your nurse before surgery.
- Makeup and Skincare Products: Refrain from wearing any makeup or applying skincare products on the day of your surgery.
- Clothing: Opt for loose, comfortable clothing that doesn't need to be pulled over your head, particularly for a blepharoplasty. A button-up or zip-front top is ideal for after the surgery.
- Communicating Questions or Concerns: If you have any last-minute questions or concerns, please get in touch with us immediately.

Post-Operative Instructions

The Night of Surgery

- Sleep: Sleep on your back with your head elevated at 30-40 degrees (2-3 pillows). Avoid sleeping on your side to minimize swelling. Continue this for 1-2 weeks.
- Cold Therapy: Cold therapy is important in the first 48 hours to manage swelling. See page 7 for guidance.

Medications

1. Tylenol (Acetaminophen):
 - Pain Relief: Tylenol is safe to take for managing pain. Please avoid NSAIDs such as Ibuprofen and Aleve, as they can increase the risk of bleeding.
2. Narcotic Pain Medication:
 - Prescription Medication: If you received a prescription for narcotic pain relievers, take them as directed for pain management. Be aware that these medications can cause constipation.
 - Preventing Constipation: You will be prescribed a laxative and a stool softener to prevent constipation. It's important to start taking these with your first dose of narcotic pain medication. Additionally, increasing dietary fiber, fluid intake, and physical activity can help manage constipation.
3. Zofran (Ondansetron):
 - Nausea Prevention: Zofran is prescribed to help prevent nausea and vomiting, which can be common after surgery. Take this medication as directed, particularly before meals or as soon as you feel nauseated.
4. Antibiotics:
 - Infection Prevention: If you've been prescribed antibiotics, it's crucial to complete the full course as directed, even if you start feeling better. This helps prevent infection and ensures the effectiveness of the treatment.
5. Sinnech (Arnica Montana):
 - Reducing Swelling and Bruising: Sinnech is a homeopathic Arnica montana regimen that you'll take to help reduce swelling and bruising. This can potentially speed up your recovery process. Please follow the specific dosage instructions provided.
6. Antibiotic Eye Ointment:

- *Infection Prevention:* You will receive an antibiotic eye ointment after surgery. Be sure to finish the entire tube, even if your eye appears to be healing well, to ensure proper infection prevention.

Nutrition

- **Hydration:** Stay hydrated with plenty of water. A general guideline is to aim for at least 8-10 glasses of water per day (about 2 to 2.5 liters). Limit or avoid caffeine and alcohol.
- **Meal Approach:** If you have a reduced appetite, eat small, frequent meals.

Activity

- **Light Activities:** Gentle walking is safe and can be resumed within a few days post-surgery.
- **Strenuous Exercise:** Avoid for at least 2-3 weeks to prevent complications like swelling, bruising, or bleeding.
- **Contact Sports:** Avoid for 4-6 weeks or until cleared by your surgeon.
- **Limit Eye Strain:** Reduce screen time to aid in your recovery.

Bathing & Swimming

- **Showering**
 - **With a Chemical Peel:** Please follow the specific instructions provided for chemical peel care.
 - **Without a Chemical Peel:** You may gently wash your face the day after surgery, avoiding the eye area. Do not submerge your face in water.
- **Hot Tubs/Baths/Swimming Pools.** No tub baths or Jacuzzi until your incisions have healed, and approved by your surgeon, which is usually around 2 weeks. It is best to wait one month for hot tubs as they tend to have more bacteria than regular chlorinated swimming pools.

How to Care for Your Incisions

- **Cleaning your incisions:** Occasionally, crusting will occur around the sutures. This is normal and will resolve. Do not try to pull off any crusts. Showering daily will minimize crusting.
- **Sutures:** At your first post-op office visit we will remove all necessary sutures. All remaining sutures will be dissolvable. Sutures are usually removed 5-7 days after your procedure.

- **Sun Exposure:** Avoid and minimize sun exposure. Use an SPF of 30 or greater and/or a wide-brimmed hat when outdoors. Even a mild sunburn can worsen swelling, irritate an incision that is healing, and cause permanent scar discoloration.
- **Scars:** Healing varies, but scars typically take about a year to reach their final appearance.

Cold Therapy (optional)

- **When to Start:** Begin using cold compresses on the area around your eyes within the first 24-48 hours after surgery. This helps reduce swelling and discomfort.
- **How to Apply:** Use a soft washcloth soaked in cold water or a cold gel eye mask. Avoid applying ice directly to the eyelid or eyeballs. Do not apply pressure to the eyes.
- **Timing:** Apply the cold compress for 10-15 minutes at a time, then remove it for at least 30 minutes before reapplying. Repeat this cycle for the first 48-72 hours post-surgery.
- **When to Stop:** Once the swelling subsides, usually within 3-4 days, you can discontinue cold therapy.
- **For patients who also got a chemical peel:** Start ice therapy 48 hours after your procedure.

What to Expect

- **Swelling and Bruising:** Swelling and bruising around the eyes is normal and may worsen on days 2-3. This will improve gradually over 6 weeks or so.
- **Mild Bleeding:** Some mild bleeding at the incision sites is normal in the first few days.
- **Numbness:** Temporary numbness or lumpiness around the eyelids is common and may take months to resolve.
- **Pain and Itching:** Tightness, pressure, shooting pain, itching, and soreness are normal for several days to weeks. Artificial tears or lubricating eye drops can help with itching.
- **Blurry Vision:** Blurred vision for 2-3 days post-surgery is usually due to swelling or ointments used during the procedure.

Emotional Recovery

It's normal to experience a range of emotions after surgery, especially when the appearance of your body changes. Some patients feel relief, while others may go through moments of doubt or grief. Please know that these feelings are valid and part of the healing process. You're not alone, and support is available if you need it.

Signs of Infection or Complications

It's important to monitor your recovery and be aware of any signs that may indicate an infection or complication. Contact your surgeon immediately if you experience any of the following:

- Increased redness, warmth, or swelling around the incision site
- Pus-like or foul-smelling drainage from the wound
- Fever over 101°F (38.3°C)
- Severe pain that is not relieved by prescribed medication
- Excessive bleeding or new bruising
- Persistent chills or feeling unwell

Prompt communication with your healthcare team ensures the best possible recovery. Do not hesitate to reach out if you have concerns.

Follow-up Care

- **Prioritizing Appointments:** Attending follow-up appointments is crucial for monitoring your recovery & ensuring the effectiveness of your treatment.

Patient Communication Guide: Who to Contact Post-Operation

Type of Concern	Contact Information	Instructions/Examples
Non-Urgent Questions or Concerns for Dr. Ching or Dr. Long	Email: clinicalm@drshimching.com	• General recovery questions • Appointment inquiries • Prescription refills
Urgent Questions or Concerns	Office Phone: (808) 585-8855 <u>After 5pm or on weekends:</u> Dr. Ching & Dr. Long @ Physician's Exchange (808) 524-2575	• Swelling, bruising, or redness • Severe pain • High fever • Unusual discharge or odor • Uncontrolled bleeding
Medical Emergencies	Call 911 or go to the nearest emergency room	• Difficulty breathing • Chest pain • Severe calf pain • Signs of heart attack or pulmonary embolism

Our Commitment to You:

We are here to support you throughout your recovery journey. Your safety is our priority, and we encourage open communication. By guiding you on the most appropriate communication channels for your concerns, we aim to provide efficient and effective care, ensuring you feel fully supported & cared for.