

# BLEPHAROPLASTY (EYELID SURGERY)

## AFTER CARE INSTRUCTIONS

### **GENERAL INFORMATION:**

*Blepharoplasty is an eyelid procedure, which may involve either upper or lower eyelids, or both.*

*Upper eyelid blepharoplasty is performed with an incision in the upper eyelid crease and usually involves removing skin and some fat. Recovery from this procedure is relatively short and straightforward.*

*Lower eyelid blepharoplasty is more involved than upper eyelid blepharoplasty, and is routinely performed through an incision just under the lash line. It involves repositioning fat, tightening the muscle of the eyelid and removing skin. Recovery is lengthier and more involved as compared to an upper eyelid procedure and this aftercare instruction is directed more towards the recovery from lower eyelid surgery.*

### **PREPARING FOR SURGERY**

#### **One Week Prior to Surgery:**

- Stop all Aspirin, NSAIDs (Motrin™ (Ibuprofen), Alieve™ (Naprosyn), etc.) and Vitamin supplements containing fish oil and Vitamin E, 1 week prior to surgery, as they can all promote bleeding.
- Have requested study results (labs, mammogram, medical clearance, etc.) forwarded to the office.
- Pick up 4 x 4 gauze, triple anti-biotic ointment (Neosporin™ or generic), Hibiclens™ Skin Cleanser, Refresh™ Plus and PM eye care, and paper tape at the pharmacy.

#### **Three Days Prior to Surgery:**

- Start Hibiclens™ Skin Cleanser (available at pharmacy) as a face wash for all facial cases.
- Start Bromelain 3 days ahead of surgery (2 pills 3 times per day on an empty stomach).
- Arnica is provided and should be started after surgery (3 tabs sublingual 3xday).

### **THE DAY OF SURGERY**

- Wear something loose and comfortable that has a zipper in the front.
- Nothing to eat or drink after midnight.
- If you take routine medications, it is appropriate to skip your morning dose of medications. Please discuss taking thyroid medication, cardiac and/or blood pressure medications prior to surgery.
- Bring your prescribed post-surgical medications with you, for use immediately after surgery, if needed.

- Arrive at the surgery center at least one hour prior to the surgery start time.

## **POST-OP CARE:**

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Have someone drive you home and stay with you for 1-2 days.

Medications will be called to your preferred pharmacy prior to surgery.

- Take pain medication and muscle relaxers as prescribed. Do not drink alcohol with these medications. Over the counter stool softeners and/or laxatives should be taken with the pain medication to prevent constipation. Colace, Biscodyl, Milk of Magnesia are all available at your pharmacy and can be taken as directed.

Do not smoke or be around smokers as smoking even second hand smoke delays healing and increase risk of complications.

Get plenty of rest. The general anesthesia, oral steroids and/or pain medication can all promote insomnia; therefore a sleep aid may be taken if needed.

Follow a well balanced diet to include protein and limit the amount salt intake. Protein supplementation can be started one to two weeks before surgery and should include over 30 grams of additional protein. This should be continued for three weeks after surgery.

A high salt diet or meal, can lead to increased swelling and prolonged recovery.

Oral hydration should include the use of electrolyte containing fluids such as Gatorade or a low calorie substitute. Limit the amount of caffeinated beverages as they can promote dehydration; however Dr. Trussler recommends you maintain your daily average of caffeine to avoid headaches.

## **ACTIVITIES:**

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Do not sleep with any forced air blowing on your face and eyes as this may dry your eyes and promote inflammation. Over-head fans, bedside fans and air conditioning vents should be avoided.

- The eye care will help to prevent dryness.

You may gently begin washing your face on the second day after surgery. Make sure someone is with you at your first shower.

Keep your head elevated at least 45% above your heart to avoid swelling for 2 weeks.

Do not lift anything heavier than 10 pounds for 3 weeks.

Do not drive for 7-10 days, or until cleared by Dr. Trussler.

Smiling, yawning, massaging or pulling on the eyelids should be avoided for 1 week after surgery. This is especially important the first few days following removal of the stitches.

## **EYE CARE:**

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Apply the Swiss eye masks for the first 3-5 days. The cooling effect helps to reduce the amount of swelling you will have after surgery. Also they help to protect your eyes from drying out, as they provide a hydrated environment while your eyes recover.

- **Swiss Eye Mask Care:** You will be discharged with a set of gel eye masks. Make sure you keep these masks cold and wet and change them every 15-20 minutes (Do Not Freeze). When these eye masks dry out, you can use frozen peas in a sealed Ziploc baggy.

Apply Refresh™ PM eye ointment (available over the counter) in each eye as often as you need them (6-10 x per day is normal). This is a thicker consistency than the regular Refresh™ Plus drops and should be used routinely for the first 2 to 3 days and then only in the evening for the next 2 weeks.

Use Refresh™ Plus eye drops (use at least 8-10 x per day) during the day as often as needed to keep your eyes moist and comfortable.

On the day after surgery apply ophthalmic Polysporin ointment 3 times per day for 2 days only. Apply just enough to keep crusts from forming on the stitches and to keep the area from feeling tight. Do this for 2 days only as it can cause skin irritation.

Use Tobradex® eye drops in each eye (2 drops) 3 times per day for the first 5-7 days if prescribed by Dr. Trussler.

The 2nd day after surgery you can begin washing your face (but not your eyelids) gently with a mild soap and rinse with water. It will not hurt to get water on the stitches or in the eyes.

Contacts can be worn when the eyes start feeling normal and the majority of the swelling has subsided. This is usually about 2 weeks after surgery. If it is necessary to pull down on your eyelid to insert them, they should not be worn for 10 days. Wear glasses until your eyes are comfortable enough for contacts.

Cosmetics can be worn on the face as early as 5 days after surgery. However, eyelid or eyelash cosmetics should NOT be worn until after the eyelid sutures have been removed and incisions are completely healed.

## **WHAT TO EXPECT AFTER:**

It is common to have slightly blurred vision, tearing, and dry eyes after eyelid surgery; this is normal, and will improve shortly after surgery.

You can expect some slight oozing (bloody) from the stitch lines and swelling of the eyelids. However, you should call the clinic at 512.450.1077 if you have a continuous bleeding, significantly more swelling on one side than the other, or any severe eye pain and associated vision changes.

If your eyes burn or remain partially open when sleeping apply the Refresh P.M. ointment (available over the counter) inside the eyelid as long as needed. This will make your vision blurry but it will clear as the ointment is absorbed.

If you experience itching in the eyes or any discomfort after a few days post operatively, warm compresses and increased eye lubrication will help relieve your symptoms.

Tearing and dry eyes are very common after surgery. This will resolve as the swelling goes away. Increased tearing indicates eye dryness, therefore increase eye lubrication.

Tightness of the eyelids is a normal feeling after surgery. This may make it hard to close the eyelids completely. This will relax with time. There may be a feeling of numbness of the eyelids that will subside with time.

Red discoloration of the eyes may occur if there is significant swelling, especially at the outer corners of the eye. This is painless, will not harm your vision, and will disappear completely over time.

Constipation is common after any operation, and is secondary to the anesthetic, pain medication and dehydration. Please stay well hydrated and pick-up a stool softener and/or laxative with your prescription medications.

### **Recommendations include:**

- Docusate (Colace) 100mg orally twice daily when taking pain medication

- Milk of Magnesia 30cc/1 tbsp. twice daily when taking pain medication
- Prune juice or Sorbitol orally
- Biscodyl or Magnesium Citrate as needed for constipation

### **WHEN TO CALL THE OFFICE:**

- If your eyes become red and irritated or if you form yellow crusting or blistering in your eyes discontinue the ointment and call the office.
- If you have sever pain not relived by pain medication.
- If you have any side effects from medication: rash, nausea, headache, vomiting.
- If you have fever over 101.
- Swelling may also cause the lower lid to pull away from the eye and look like fluid is in the white part of your eye. This is not uncommon. This will subside as the swelling goes down.
- If you notice some vaginal burning and itching as a result of the antibiotics used during and after surgery.

**For medical questions, please call the office at 512.450.1077. Dr. Trussler should be paged/called on his cell phone for any urgent or emergent medical issues.**

### **FOLLOW-UP CARE:**

*It is important to be seen by Dr. Trussler 2 to 5 days after your surgery. Sutures and stitches will be removed from the eyelid incisions at the 5 day visit. There may be dissolvable stitches left in place, which will fall out over the first week.*

*You will then schedule follow up visits at 3 weeks, 6 months, and 1 year post-op.*