



Lower Lid Blepharoplasty Instructions

Lower Lid Blepharoplasty Pre- and Post-Operative Instructions

Pre-Operative:

1. Prior to surgery make sure you obtain Genteal eye drops and Genteal ointment from your local pharmacy.
2. Do not take ASPIRIN, MOTRIN, ALEVE, IBUPROFEN, ADVIL or similar products for two weeks prior to surgery. Do not drink alcohol for two days prior to your procedure. Discontinue fish oils one week prior to your procedure.
3. If you take Plavix, Xarelto, Coumadin/warfarin, or Eliquis please discuss this with Dr. Wilson and make sure you have discontinued for sufficient period of time. You may need to see your prescribing doctor prior to procedure to obtain clearance.
4. Patients must be non-smokers. If you are a smoker you must have stopped smoking for six weeks before any surgical procedures will be performed. Nicotine products may be used to aid in smoking cessation, but must also be stopped prior to surgery. You may be asked to complete a blood test to check the circulating levels of nicotine in your system prior to surgery.
5. Do not eat or drink anything after midnight the night before your surgery. If you have a medication you must take in the morning please take with small sips of water. Please start a stool softener the day before surgery to avoid constipation from narcotic pain medication associated with anesthesia continue taking stool softener while you are taking any pain medication.
6. Take a shower the morning of surgery. Make sure there are no traces of makeup left on your skin. Do not apply moisturizer or body lotion. Remove contact lenses.
7. Wear comfortable loose clothing that zips or buttons in the front.
8. You must have an adult drive you to and from your surgery. You must have an adult stay with you for the first 24 hours.

Post-Operative:

1. Your sutures may or may not be dissolving. If sutures need to be removed they will be taken out in one week. For the first 72 hours place Tobradex eye drops in your eyes every 4 to 6 hours. Place bacitracin ointment on the exterior stitches if there are any.
2. You may shower 48 hours after surgery.
3. Apply ointment (bacitracin) to the upper lids 4 times a day for 48 hours. Place the showerhead to your back and not directly over your face. Let water and shampoo run over your face. This will help loosen any dried blood .
4. You may eat if you feel up to it and resume a normal diet when you feel up to it. Avoid foods high in sodium.
5. Use Genteal ointment in your eyes at night for one week. Sleep with your head elevated.
6. You may gently wash your face 48 hours after surgery. Do not scrub or soak.
7. Avoid bending down this may cause pressure on your incisions. Do not exercise or do anything to raise your blood pressure as this may cause bleeding.
8. Take pain medication as needed. Do not take any medications on an empty stomach. Do not take ASPIRIN, MOTRIN, ALEVE, IBUPROFEN, ADVIL or similar products for two days after the procedure. These can increase your risk of bleeding.
9. You may resume exercise 2 weeks after your surgery. Gently increase your activity over 4 weeks.
10. We recommend icing the eyes and sitting up while you sleep. For icing: place cold water with ice in a small bowl. Soak paper towels in small balls in the water. Place these on the eyes and replace as they warm. Do this for 20 minutes on and 20 minutes off while awake in your first 48 hours.
11. It is normal for bruising and puffiness to spread to the lower lids even if there was no surgery there.
12. If you have external sutures in the lower lid these will be removed 5 days after your surgery.

You will notice that your scars remain somewhat prominent for approximately 6 weeks. Your eyes may be puffy during that period of time as well –this is normal.



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In case of an emergency, please call the office at 603-294-4526.