



Upper Lid Blepharoplasty Instructions

Pre-Operative:

1. Prior to surgery make sure you obtain Genteal eye drops and Genteal ointment from your local pharmacy. This is over the counter.
2. You must have someone drive you to and from your surgery. You must have a responsible adult stay with you for the first 24 hours.
3. 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.
4. 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.
5. 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.
6. We recommend you purchase arnica tablets and begin them one week prior to your procedure and continue for the week following the procedure. These are available at our online dispensary or at your local health food store. Please follow the instructions on the package insert. Instructions vary by brand.
7. If you are having anesthesia do not eat or drink anything after midnight the night before your surgery. If you have a medication that you must take in the morning take with small sips of water. If you eat prior to surgery, the surgery will be canceled by the anesthesiology team.
8. If you are having surgery at the office under local you will be prescribed medication to take on your way to the office with somebody to drive you to and from the office. This will be prescribed at your preoperative visit.
9. Shower the morning of surgery. Make sure there are no traces of makeup left on your skin. Do not apply any moisturizers to your face or eye area. Refrain from using body lotion as well. Please remove contact lenses. Please place your hair in a ponytail or bun up and out of the way of your face.

10. Wear comfortable clothing but either zips or buns in the front.
11. You will be given prescription medications the day of surgery and you may be given some before surgery to take before hand. Please start a stool softener the day before surgery as narcotic medications can cause constipation. Continue taking a stool softener as long as you are taking pain medication.

Post-Operative:

1. You will have blue stitches that come out the side of your upper lid and in the middle. These are taped in position. Leave these tapes in position. Call the office if the tapes come off or if you notice any separation of your suture lines. These will be removed 5 – 7 days after your procedure. You may retape these if they appear to be coming loose.
2. You may shower in 48 hours. You may gently wash your face, do not soak. When you shower, place the showerhead to your back and not directly over your face. Let water and shampoo run over your face. This will help you loosen any dried blood or crust that may have formed.
3. Resume a normal diet and do not take any medications on an empty stomach. Avoid foods high in sodium. This will potentiate swelling.
4. Be careful not to bending down as this puts pressure on your incisions. Do not exercise or do anything to raise your blood pressure as this may cause bleeding. You must refrain from exercise for two weeks.
5. Sleep with your head elevated. Do this for the first 72 hours.
6. You may apply ointment (bacitracin) to the upper lids 4 times a day for 48 hours. Do this if bacitracin was provided to you or prescribed preoperatively. Not all patients need this.
7. Use Genteal ointment in your eyes at night for one week. Use Genteal drops during the day, four times a day.
8. Take pain medication as needed. 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.



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10. To manage swelling, 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. 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.

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