

Upper Eyelid Blepharoplasty – Pre & Post-operative Instructions

You will need to arrange for another responsible adult to pick you up following your surgery.

Prior to Your Surgery

- You may eat and drink as normal as you will be receiving only a local anesthetic.
- BLOOD THINNERS
 - If you take a daily aspirin (ASA) for preventative reasons only (i.e. you have no cardiac history, heart attack, stroke, blood clot or atrial fibrillation) we ask that you discontinue taking it 2 weeks prior to surgery and 1 week after surgery.
 - If you take ASA or any other blood thinner (Warfarin/Coumadin, Pradaxa, Plavix/Clopidogrel, ect.) due to previous cardiac history then please contact your cardiologist or family physician to see if it is **safe** for you to discontinue prior to your surgery. Please follow their recommendations regarding stopping these medications. If they allow you to stop them 2 days prior to your surgery, please do so as it will significantly decrease the amount of bruising you experience after surgery.
 - **If you are on warfarin, please ensure your most recent INR is below 2.5. If you are unsure, please contact your family physician. Please ensure you notify our office the week prior to your surgery with your most recent INR value.**
- PAIN RELIEVERS
 - Several common pain relievers affect how blood clots. If you are taking any medications for pain prior to your surgery, please avoid Aspirin, Ibuprofen, Advil and Aleve for a period of 2 weeks prior to surgery and 1 week after. This is to avoid excess bleeding during the operation. Tylenol is the only medication recommended prior to surgery and may be taken as needed.
- HERBAL MEDICATIONS
 - Avoid Ginseng, Garlic and Gingko.
- VITAMIN E
 - Avoid large doses of Vitamin E for 3 weeks prior to surgery and 2 weeks post-operatively to avoid wound-healing problems.
- Please arrive at the hospital 15 minutes prior to your appointment time. Be prepared to tell the staff the name and phone number of the person who will be picking you up.

Following Your Surgery

- Apply ice packs on eyes for at least 20 minutes per hour for the first 48 hours, except while sleeping. The cold compresses will help reduce swelling and bruising.

- After surgery, you should go home and rest. Avoid prolonged reading or watching tv for first day. You should walk around occasionally. Use extra pillows to keep your head elevated when lying down for the first week. Avoid bending your head forward for a week. Avoid strenuous activity and heaving lifting for a week.
- Slight blurry vision due to eye ointment is normal in the first 24 hours and should resolve. Do not drive for 24 hours following your surgery.
- A small amount of bleeding in the first 24 hours is normal and should resolve. If it persists, contact Dr. Dawes' office.
- **Please ensure you call Dr. Dawes' office to schedule your suture removal appointment** (usually scheduled 6-7 days post surgery). This appointment will be at his cosmetic office (not the hospital) located at 102-47 Sunpark Dr SE.
- Avoid smoking for 4 weeks post-operatively.
- Wash area gently daily (you can shower normally the following day) with a mild cleanser and water and apply a thin layer of anti-bacterial ointment (ie. Polysporin, Bactroban, fucidin) to incision lines. **After 4 days discontinue the use of any anti-bacterial ointment.** Do not scrub over sutures or rub your eyes. Do not use a hot blow dryer.
- Gentle Cleanser by SkinCeuticals is formulated for dry, sensitive or traumatized skin. It removes excess impurities and oil without drying the skin. It is non-irritating and gentle enough to be used several times a day. Gentle Cleanser can be purchased at Dr. Dawes' office.
- Ideal for use after plastic surgery or dermatologic procedures, Epidermal Repair by SkinCeuticals is formulated to help repair compromised skin by facilitating the rapid restoration of its barrier function. It helps to relieve and rehabilitate sensitive skin while diminishing redness due to inflammation. Epidermal Repair can be applied to the area after day 4 (once anti-bacterial ointment is discontinued) and continue to be applied for a year. This product can also be purchased at Dr. Dawes' office.

What to Expect

- Swelling is a very normal symptom. It usually subsides after one week, but can occasionally persist longer. If it worsens or is associated with pain, call Dr. Dawes' office.
- Bruising may be extensive. It will be worst at 3-4 days and may persist for up to 4 weeks. Avoid prolonged exposure to sun and heat for three months to prevent swelling of your face. Wear a hat, sunglasses and sunscreen if you have to be out in the sun. An ideal sunscreen is Physical Fusion spf 50 or Sheer Physical spf 50 by SkinCeuticals and can be purchased at Dr. Dawes' office.
- You may experience a feeling of numbness around the incisions. This is normal and may persist for weeks to months.

If you have any questions or concerns, please feel free to contact Dr. Dawes' office at (403) 571-3141. If it is of an urgent nature you may call Dr. Dawes at (403) 998-4548.