

PREPARATIONS FOR EYELID SURGERY

Date:

Arrival Time:

FOUR WEEKS BEFORE YOUR SURGERY:

Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed medication information list and let us know if you are taking any of them. **Aspirin-containing products or Ibuprofen should not be taken 2 weeks before or after your surgery.** Tylenol is an acceptable medicine to take for any aches or pains prior to your surgery.

If you develop a cold, facial sore or any illnesses prior to surgery, please notify us.

Please inform my office of any homeopathic remedies you are taking prior to your surgery. Most herbal and homeopathic medications interfere with anesthesia, cause bleeding, and inhibit wound healing.

Smoking will affect how you heal. It is very important to discontinue smoking for at least 4 weeks before surgery (this includes use of smokeless tobacco products, and nicotine patches or gum). If you do not, then you need to tell Dr. Kenkel.

THE EVENING BEFORE YOUR SURGERY:

Take a shower, shampoo your hair and wash your face. Do not use conditioner or hair spray after shampooing.

Get a good night's rest.

Make some jello and/or soup for after surgery.

Do not eat or drink anything after midnight.

THE MORNING OF YOUR SURGERY:

If you are taking medications, please discuss these with Dr. Kenkel. Some medications may need to be held the morning of your surgery.

Do not eat or drink anything.

Do not wear contact lenses, hairpieces or hairpins. Do not bring personal valuables such as jewelry or cash. Wear loose comfortable clothing, preferably a button or zip up top (do not wear a top that has to be slipped on over your head), loose pants, and comfortable, slip-on shoes. You may want to bring a pair of sunglasses as your eyes may be sensitive to light.

Please be sure someone can drive you home and stay with you for 24 hours. Put a pillow and blanket in the car for the trip home. You will not be allowed to drive yourself home.

AT HOME AFTER YOUR SURGERY:

The eyelid area swells a fair amount. The swelling usually peaks 48-72 hours after surgery.

After eyelid surgery it is best to elevate your head and shoulders on at least two pillows. This may also be accomplished with a small roll or neck pillow for support.

Avoid bending forward at the neck for the first week.

Begin applying Polysporin ophthalmic ointment or Bacitracin ophthalmic ointment in each eyelid incision using a Q-tip 2 times a day and prior to sleeping. Apply just enough to keep the crust from forming on the stitches. You may discontinue this after 36 hours.

You may be given a steroid drop to use after your surgery. If so, place 2 drops in each eye twice a day for 48 hours.

Apply a Swiss Eye Mask or crushed ice in bags to your eyes as much as possible for the first 48 hours. This will reduce the amount of swelling and bruising after surgery. Swelling typically peaks 2-3 days after surgery.

Tightness of the eyelid is normal after surgery. This may make it hard for you to close your eyelids completely. Your eyelids will relax with time. You may have a temporary suture in your eyelids that may prevent you from completely opening your eyes that will be removed on your first postoperative visit.

Avoid straining for the first 48-hours after your surgery.. It is not good to lie in bed without moving, so flex your feet and legs a few minutes every hour while you are awake.

A light diet is best for the day of surgery. Begin taking liquids and slowly progress to soups or jellos. You may start a regular diet the next day.

If you have pain or discomfort, take the pain medication every 3-4 hours. It is best to take pain medication with crackers, jello, etc. If you do not have pain, do not take the pain medication. Do not drink alcohol while taking pain medication.

You can expect some swelling of the eye after surgery. You can expect some bleeding from the stitch lines and some swelling of the eyelids. If the swelling on one side is **definitely** more pronounced than on the other side, if you have a continuous bloody drip or if you are experiencing pain which is not relieved by pain medication, call me immediately at (214) 645-2353.

Do not bend over to the ground to pick up any objects, as this will increase blood flow to the surgical site and may potentiate any bleeding. It is very common to have swelling of your eyelids after surgery.

A small amount of bleeding may be seen from suture lines.

Use Refresh drops as needed to help moisturize your eyes if they feel dry. Use Refresh PM drops every night before you go to bed. This helps protect your eyes but will make your vision blurry.

It is not uncommon to have visual changes following blepharoplasty surgery. This is due to the change in shape of your eyelids and your eyes will accommodate. This may take up to several weeks.

If you have visual difficulties, please call my office immediately.

If your eyes become red and irritated or if you form a lot of yellow matter in your eyes, discontinue the ointment and call my office.

After a few days, if you experience itching or any discomfort, place warm compresses on your eyes to relieve that feeling.

You may wash your hair salon style. **Do not bend over to wash your hair or scrub your face.** You may start washing your face gently with a bland soap (Neutrogena, Ivory, etc). Do not aggressively wash or rub your eyes, eyelids or face during the first week after surgery.

Visitors should be discouraged and facial movements (smiling, talking, chewing, yawning, etc.) should be kept to a minimum for the first week.

Tearing often occurs after surgery. This will cease as the swelling subsides.

Red discoloration in the whites of the eyes may occur if there is a lot of swelling. This should be painless and will not harm your vision, and will go away with time.

Swelling may cause your lower lid to pull away from the eye. If this occurs, we will begin some gentle massaging techniques. This will improve as the swelling inflammation improves. The importance of massaging cannot be over emphasized. It is something that should be done several times a day.

Avoid eating salty foods as they may result in increased swelling and prolong your recovery.

POSTOPERATIVE INSTRUCTIONS

Call my office immediately if:

1. You have a sudden onset of pain, fever, or redness.
2. You are concerned about anything.

Be particularly alert for fever (oral temperature greater than 101°), excessive pain at the surgical incisions, nausea, vomiting, bleeding, dizziness, shortness of breath, rash, rapid heart beat, or rapid breathing rate.

GENERAL INFORMATION

Contacts may be worn when your eyes start feeling normal and the majority of the swelling has gone away, usually about one week after surgery. If it is necessary to pull down or up on your eyelid to insert them, they should not be worn for 10 days. Glasses can be worn until then.

Cosmetics may be worn as early as 3 days after surgery. However, eyelid or eyelash cosmetics should not be worn until 2 days after all eyelid sutures have been removed. There may be a feeling of numbness of the eyelids for 6-8 weeks.

The skin on your face is very sensitive to sunlight after surgery. Protect your facial skin from excessive exposure to the sun for 8 weeks. Wear wide-brimmed hats and sunscreen (at least SPF 20 or greater) if you have to be in the sun for an extended period of time. Continue using sunscreen of at least SPF 20 for 6 months after your surgery when you have sun contact.

**OUR TELEPHONE NUMBER IS (214) 645-2353
(answered 24 hours a day)**