



UTAH FACIAL PLASTICS

Transformation you can Trust

PRE-OPERATIVE INSTRUCTIONS FOR IN-OFFICE BLEPHAROPLASTY

3-4 WEEKS BEFORE SURGERY:

- *Smoking.* Tobacco, cigarettes, and nicotine consumption will cause poor wound healing, longer healing times, and excessive scarring. You must discontinue these products more than 4 weeks prior to surgery. Otherwise, the surgery will be cancelled.

2 WEEKS BEFORE SURGERY:

- *Diet/Supplement Restrictions.* Avoid foods, drinks and herbal supplements that can increase risk of bleeding and bruising. Avoid aspirin, Ibuprofen, Naproxen, Motrin, blood thinners, vitamin E, omega-3, fish oil, and alcohol. Use Tylenol in place of other over-the-counter pain medications.
- *Vitamin C.* Begin taking 1000 – 3000mg per day as tolerated 2 weeks. Vitamin C aids in wound healing.
- *Post surgery.* If your destination after surgery is more than 60 minutes from the office, you must make arrangements to stay locally.

1 WEEK BEFORE SURGERY:

- *Review Instructions with Caregiver.* Confirm who will be driving you to and from surgery and stay with you for at least 24 hours after surgery. Caregivers must be over 18 years of age.
- *Alcohol.* Do not drink alcohol 1 week before and after surgery. Alcohol consumption may raise the blood pressure and initiate bleeding.
- *False eyelashes.* Have any false lashes removed, including extensions or strip lashes.

NIGHT BEFORE SURGERY:

- *Arrival time.* Our office will call the day before surgery with the arrival time. If you don't receive a call or for further questions, call the appropriate number below:
 - Utah Facial Plastics: (801)-776-2220
- *Shower.* The night or morning of surgery, take a shower and wash your hair. This will help reduce the risk of infection by eliminating bacteria. Arrive on the day of the procedure with a clean face.
- *Set Up Home Recovery Area.* This may include pillows, blankets, books, television, and anything else to assist with a comfortable recovery. Make sure commonly used items are moved to this area where they are easily accessible and within reach.

DAY OF SURGERY:

- Eat and drink as normal. Do **NOT** have any caffeine.
- *Dress Comfortably.* Dress in comfortable, clean, and loose-fitting clothes. Shirts that can be buttoned or zipped up are preferred.
- Do **NOT** wear any makeup, moisturizers, jewelry, cosmetic creams, hair products, sunscreen, remove all piercings and jewelry.

- *Contact lenses.* Do not wear contact lenses. Remember to bring your glasses to sign the necessary paperwork.

POST-OPERATIVE INSTRUCTIONS FOR IN-OFFICE BLEPHAROPLASTY

24 HOURS POST SURGERY:

- *Head Elevation.* Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows) to minimize swelling. Do not sleep on your side. Placing a pillow under your knees may help you from turning in your sleep. Continue this for 1 week depending on swelling.

MEDICATIONS:

- *Antibiotic.* Start your antibiotic tablet 1 hour before surgery and take all tablets as prescribed after surgery until finished.
- *Pain Medication.* You will be prescribed pain medication for post-operative pain control. If your discomfort after surgery is not strong you are welcome to take Extra-strength Tylenol in place of the prescribed medication. Do not take Tylenol with the pain medication, as most often the medication you are prescribed will have Tylenol in it. **Do not exceed 3,000 mg of Tylenol in a 24-hour period.** Take medication with food to minimize the risk of nausea.
- *Constipation.* Pain medications may lead to constipation. Any over the counter stool softener such as Metamucil or Colace can be used. Start laxatives with the narcotic pain medications to prevent constipation from occurring.
- *Nausea.* Some pain medication may make you feel nausea. It is best to eat something small 20 minutes before taking pain medication. Keep hydrated with small sips of non-caffeinated beverages (ginger ale, Sprite, Gatorade).
- *Medication to Avoid.* Avoid medications containing aspirin or ibuprofen (Advil, Motrin, Naproxen, etc.) for two weeks before and after surgery. These medications may increase bleeding.
- *Substances to Avoid.* Avoid alcohol, nicotine, and caffeine, for these will dramatically slow the healing process.

ACTIVITY:

- *Movement is Important.* Make sure you are up and walking around immediately after your surgery. When lying down in bed or on the couch, make sure you are moving your legs and ankles. Movement helps prevent blood clots and promotes healthy blood circulation. If you have small children, bend at the knees, or sit on the floor and let them climb onto your lap. Overexertion may lead to bleeding and prolonged swelling.
- *Driving.* Do NOT operate a vehicle or make important decisions until you have been off pain medications for 24 hours. Driving is restricted for 3 – 5 days after surgery. Use good judgment.
- *Physical Activity.* Avoid bending, lifting, straining and aerobic activities for 2-3 weeks or until you've been cleared by your surgeon.
- *Travel.* You will notice increased swelling with airline travel, and this can happen 6-8 weeks out from surgery.
- *Face Care.* Cleanse your face gently with a mild soap twice daily after the first week, using a gentle upward motion. Do not use any harsh chemicals or crèmes on your face until all incisions have healed and your surgeons have advised you can return to your normal skincare regiment.

- *Smoking.* Smoking should be strictly avoided as it interferes with the blood supply to the tissues and slows and hinders the healing process.
- *Hot Tubs/Swimming Pools.* No hot tubs or swimming in pools until your incisions have healed, and approved by your surgeon, which is usually around 4-6 weeks.

HOW TO TAKE CARE OF YOUR INCISIONS:

- *Cleaning Your Incisions.* Soak a Q-tip with saline water. Gently apply the Q-tip over your incision lines 2 times daily followed by applying a generous amount of the prescription antibacterial ointment (Erythromycin). Keeping your sutures lubricated with ointment prevents crusting, helps your sutures dissolve faster, and will be less painful to remove. It also allows the incision lines to heal with minimal scarring.
- *Scar Management.* After the sutures are removed or dissolved, we recommend using SkinMedica Scar Recovery Gel (available in-office to purchase) or a Vit. E oil over your healed incisions to help minimize the appearance of scars.
- *Cold compress.* Following surgery, cold compresses may be used over eyes to minimize swelling and control bruising. Ice packs MUST be lightweight. Only ice 20 minutes on, 20 minutes off morning and night. Do not over ice as this can lead to skin breakdown and never apply ice directly to the skin. **Do not ice if you are having fat grafting done.**
- *Sun Exposure.* Avoid sun exposure as much as possible. This will optimize scar healing and minimize swelling. During the first year after surgery, it is crucial to use an SPF of 30+ or wear a hat when outdoors. Even mild sunburn can cause permanent discoloration, worsen swelling, and irritate an incision that is healing.
- *Makeup.* Do not use make-up on your eyes for the first 12 days after surgery. After 12 days, you may apply makeup along your incisions to camouflage any bruising or redness.

WHAT TO EXPECT:

- *Swelling and Discoloration.* Swelling and bruising of the surrounding tissues can be expected. Swelling and bruising may worsen on the second and third day after surgery. It's not unusual for one side of the face to be more swollen than the other. This is temporary and will improve over the next few weeks.
- *Bleeding.* Some mild bleeding is not unusual at the incision sites the first few days after surgery. If you try to do strenuous activity, sneezing, heavy lifting or bending forward, aggravated bleeding and swelling may occur.
- *Lumpiness.* You may feel or see some lumpiness along your healing incisions. This is normal. It is expected to resolve within a few weeks but may take several months.
- *Depression.* You may experience a period of mild depression after cosmetic surgery. This is related to the shock of seeing your face swollen and discolored. Remember this is temporary and once the healing process is completed you will begin to enjoy the results of your surgery. Try not to compare your recovery with others – everyone heals in their own way.
- *Final Result.* Expect to see your final results between 6-12 months as the healing process takes time.

EMERGENCY SITUATIONS – WHEN TO CALL THE OFFICE OR GO TO THE HOSPITAL:

- *Signs of Infection.* Spreading redness, worsening swelling, increased drainage or drainage of pus, worsening pain, and warmth at incision site. Temperature over 101 degrees Fahrenheit.
- *Medication Reactions.* If you develop hives, rashes or itching you may be having a medication allergic reaction.
- *Other Emergency Situations.* Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain, or asymmetric swelling in your legs.

Utah Facial Plastics – (801) 776-2220

Our office number connects to our 24-hour answering service after hours.

APPOINTMENT TYPE	DATE / TIME	LOCATION	PROVIDER/STAFF
Surgery:			
Post-op Day 6-7:			
2 week follow up:			