OCALA PLASTIC SURGERY

Ocala/Paddock Park Location 3320 SW 34th Circle, Ocala, FL 34474
OFFICE: **352.629.8154** FAX: **352.629.5231**

Villages/Dana Center Location 11950 CR 101, Suite 205, The Villages, FL 32162
OFFICE: **352.750.0019** FAX: **352.629.5231**

www.OcalaPlasticSurgery.com

James Rogers DMD MD
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Board Certified Plastic Surgeons

MEMBER OF American Society of Plastic Surgeons
MEMBER OF American Society for Aesthetic Plastic
American Board of Plastic Surgery ABMS Maintenance of Certification Certification Matters

BLEPHAROPLASTY (Eyelid Surgery)

Pre & Post Operative Information Sheet

PRELIMINARY

1. **NO ASPIRIN** or medicine containing aspirin* for 2 weeks prior to surgery because it interferes with normal blood clotting. (*i.e., No Advil, Alkaseltzer, Anacin, Ascriptin, BC, Bufferin, Coricidin, Darvon Compound, Fiorinol, Dristan, Empirin, Excedrin, Midol, Motrin, Percodan, Sine-Aid, Sine-Off, Triaminicin, Vanquish, etc. If in doubt, Check with us.) If needed, you may take Tylenol.
2. You may color, bleach, or perm your hair up to one month before surgery. No further treatment until 6 weeks after surgery. Do not invest in an expensive hairdo before surgery.
3. Smokers **MUST STOP SMOKING** 6 weeks before surgery to reduce postoperative complications caused by smoking.
4. Report any signs of a cold, infection, boils or pustules appearing within 1 week before.
5. You need to arrange for a responsible adult to drive you to your home or hotel and stay with you the rest of the day and night.
6. **NO ALCOHOLIC** beverages for 1 week before surgery or while taking medications after surgery.
7. You will be given a slip for lab work (possibly EKG & chest x-ray) at your second consult. You will be instructed on when and where to have these done. (approx. one week before surgery.)
8. If you have any questions regarding the upcoming surgery, please do not hesitate to call the office between 8am-5pm.

NIGHT BEFORE SURGERY

1. **ABSOLUTELY** no eating or drinking after midnight the night before surgery!
2. Do not use any eye make-up for 2 days prior to surgery. All make-up especially eye makeup, contains bacteria and should be avoided immediately prior to surgery. All mascara and eyeliner residue should be removed with a Q-tip the night before surgery. Particular attention should be given to the base of the eyelashes themselves which habitually have a build up of mascara.

MORNING OF SURGERY

1. No make-up or jewelry or fingernail polish.
2. Do not take any medications without checking with us before surgery.
3. Wear a housecoat or bathrobe that buttons or zips up the front, so it does not have to be put over your head. Wear all cotton panties for surgery.
4. **YOU MUST** have a responsible adult to drive you home after surgery. Upon arrival to the office, give us the name and phone number of your driver/caretaker and where you will be staying the night of surgery. Have this person read these instructions as well. Additional instructions will be given to this person when they take you home.

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AFTER YOUR SURGERY

1. Bed rest with head elevated on 1-2 pillows.
2. You may go to the bathroom with assistance.
3. Take medications according to instructions on bottle. Try to avoid taking pain medications/antibiotics on an empty stomach.
4. NO HOT OR WARM COMPRESSES TO FACE. Ice packs (which will be given to you at the office) should be used for the first 24-48 hours. Do not put ice packs directly against eyes. Place a moist gauze or thin washcloth between ice pack and eyes.
5. THINGS TO EXPECT:

   a) moderate discomfort - use pain medications (see #3 above)
   b) moderate swelling
   c) bruising
   d) blood shot eyes
   e) small amounts of blood on the bandages
   f) exhaustion
   g) slight blurring of vision due to ointment put in eyes at time of surgery.

   CALL US IF YOU HAVE:

   a) severe pain not responding to pain medication
   b) marked swelling, or obviously more swelling on one side
   c) excessive bleeding (soaking the dressing)
   d) any other questions or problems arise.

6. Avoid smoking for the next 2-3 weeks following surgery to prevent coughing and possible bleeding and to promote healing.
7. NO alcohol for 4 days after surgery.
8. You may wear make up after checking with the office, usually 1 week after all sutures have been removed.
9. Avoid sports/strenuous activity for 4-6 weeks. Avoid bending down, lifting, stooping, for 2 weeks, as this may increase swelling and bruising.
10. Avoid prolonged sun exposure for 3 months and also avoid hot blow dryers, use the cool setting.
11. You may use the back door for the first 2-3 visits after surgery or while you have bandages on.
12. If upper eyelids are done, you will have a suture, (usually blue) taped down beside each eye in the temple area. Do not pull these. If the tape should come off just put a small piece of tape back on.
13. You may not be able to close eyes completely for the first few days due to swelling and you must avoid anything which might injure the exposed eye. Liquifilm Tears are available without prescription and should be purchased prior to surgery. They are artificial tears that can be used post operatively as needed to relieve dryness and any itching or burning you may experience.
14. Feel free to call upon us at any time. We want you to be as comfortable as possible during your healing period.