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DIPLOMATE, AMERICAN BOARD OF PLASTIC SURGEONS

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BLEPHAROPLASTY (Eyelid Surgery) INSTRUCTION SHEET

PRE-OPERATIVE DIRECTIONS:

1. Absolutely NO food or drink after 12:00 MIDNIGHT the evening prior to surgery, including water and coffee.
2. Wash the operative areas with soap & water the evening before AND the morning of surgery.
3. DO NOT take any medication, as all medication necessary will be given prior to surgery in the operating room. If you regularly take any morning medications for medical conditions, such as heart trouble, high blood pressure, or diabetes, please check with our office regarding this. You may take a sleeping pill the night before surgery if necessary.
4. Wear something that buttons or zips up the front. Do not bring anything that must be pulled over your head. **Do not** bring any valuables or jewelry.
5. DO NOT TAKE ASPIRIN OR ASPIRIN CONTAINING MEDICINES, OR VITAMIN E for two weeks prior to surgery. TYLENOL may be used instead. DO NOT TAKE IBUPROFEN (Motrin, Advil, etc.) or SIMILAR ANTI-INFLAMMATORIES for three days prior to surgery.
6. STOP SMOKING at least two weeks prior to surgery or altered and delayed healing may occur.
7. Advance payment is due two weeks prior to surgery.

POST-OPERATIVE DIRECTIONS

1. Cold compresses are advised to help reduce swelling and black and blueness. These should be on your eyes constantly for 48 hours. It is recommended that you fill a basin with tap water and place 1-2 ice cubes in the water to cool it. Place several 4 x 4 gauze sponges in the iced water, fold the sponges in half and place one on each eye. Place an ice cube on the top of the folded sponges and allow the ice to melt, thereby keeping the eyelids cold and wet and the suture lines clean. Maintain this procedure continuously, except while sleeping at night, for a period of 2-3 days. Thereafter use **WARM, NOT HOT**, compresses to eyelids.
2. After eyelid surgery, the eyes tire easily from reading, watching television, etc. It is advised that you rest your eyes frequently.

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3. Do not be alarmed by the secretions seen in the corner of your eyes - these are normal secretions of the glands. After surgery, and because of the compresses, these secretions appear more visible than at other times. This does not mean that your eyes are infected. You may gently cleanse them with water or eye drops as desired.
4. The face is not symmetrical, but this is rarely noticed by the patient prior to surgery. It is common for one side of the face or eyelids to be black and blue or swollen more than the other, and healing occurs in the same manner. Do not be concerned as both sides will heal, although probably not at the same rate.
5. It is recommended that you wear dark glasses to protect your eyes from the sun for approximately three months. Sun damage comes from overhead, but is also reflected from concrete, sand, snow and water. We are attempting to decrease the amount of swelling so that you may achieve your final result. The heat from the sun causes swelling which must be avoided totally until complete healing has occurred. For that reason, you are advised to avoid sunbathing for approximately three months from the time of surgery and protect your eyes when outside with a hat and sunglasses.
6. Eye makeup is permitted approximately two weeks following surgery. When you do begin to wear makeup, it is most important that it be applied gently and removed or washed off totally, but gently.
7. When sleeping or resting, use pillows to keep the head elevated for the first two days after surgery to decrease swelling.
8. Increased dryness of the eyes may occur post-operatively. Suitable eye drops or artificial tears may be used as desired or needed.
9. If you use contact lenses, you may begin wearing them again, for gradually increasing time intervals, when most of the swelling and discoloration has subsided, usually about two weeks post-operatively.
10. PLEASE BE PATIENT and remember, the process of healing does take time. It generally requires 2-3 weeks from the time of surgery for most of the discoloration and swelling to recede.

If you have any problems or questions, please do not hesitate to call the office at any time, preferably between 9:00 AM and 5:00 PM on weekdays.