

## **Michael A. Devlin, MD**

### **General Information and Post-Operative Care For: Blepharoplasty**

These instructions were carefully written with you in mind. Take the time to read them thoroughly several times. We have found that faithful adherence to these guidelines will give you the smoothest recovery and optimum results. If a question does arise, first refer back to these pages. If you are still uncertain, call Devlin Cosmetic Surgery at **(501) 227-8811**.

#### **Before surgery:**

1. *Stay healthy.* A cold, virus or other illness may require that your surgery be rescheduled. Contact our office if any change in your health status arises.
2. *Plan accordingly:* Discuss restrictions with Dr. Devlin prior to surgery. Secure a responsible adult to drive you home following surgery and plan to remain with you for the first 24 hours after surgery. Arrange for a driver to transport you to Devlin Cosmetic Surgery for your first week's post-operative visits. Operating a motor vehicle while using narcotics is not advised. Vision may be blurred due to post-operative swelling.
3. *Pre-operative testing:* If indicated, please make sure our office has a copy of a recent eye exam and required laboratory tests.
4. *Prescriptions:* Have all your medications and prescriptions purchased prior to surgery. These include an antibiotic, pain medication, anti-nausea suppositories, Gen Teal Gel and Gen Teal Drops, hydrogen peroxide and Q-tips. Begin taking the antibiotic the evening prior to surgery. We also ask that you purchase Arnika Forte (available in our office). Begin taking the pills as directed on the bottle two days prior to surgery.
5. *Follow pre-anesthesia instructions:* **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.** This includes candy, gum & mints. Prescription drugs administered to you by your physician, and reported on the Devlin Cosmetic Surgery History form, may be taken with a small sip of water unless you were instructed otherwise.
6. *Shower the night before and/or morning of surgery:* Use anti-bacterial soap. **Do not** apply any lotions, moisturizers, makeup or hair products on the day of surgery.
7. *Dress comfortably:* Wear comfortably, loose-fitting clothes that do not have to be pulled over your head. It is recommended you wear a button down or zippered shirt. Wear or bring a pair of warm socks, as it is cool in the operating room.
8. *Do not wear makeup, jewelry of any kind, contact lenses, hair clips or body piercings:* If there is an item unable to be removed, advise the nurse.
9. *Relax!* While some anxiety before surgery is common, try to maintain adequate rest and avoid unnecessary stress.

#### **After Surgery:**

Expected experiences:

- Swelling and/or bruising of the eyelids and tissues around the eyes and perhaps in the cheeks. You might also experience a "tight" sensation in these areas. This will vary with each patient because of the body's individual response to surgery. This will be most apparent upon arising in the morning and may be more noticeable on one side than the other. This is normal! Decreasing salt intake and sleeping with your head elevated will help keep this to a minimum.
- Possible dry, scratchy, irritated eyes.

## General Information and Post-Operative Care For: Blepharoplasty

- Possible tenderness & decreased sensation around the incision sites. Take the pain medication as directed.
- Temporary, mild blurred vision.
- Apply cool compresses over the eyes for 20 mins at a time. (Frozen peas in a zip-lock bag work really well.) Avoid applying pressure or anything frozen directly on the skin or around the eyes. Avoid application of heat.
- You may wear eyeglasses at any time after surgery.

### **\*\*If you experience any of the following, call the office (501)227-8811 immediately!!!**

- Sudden visual changes, increasing pressure or pain in one eye more than the other. Blindness is extremely rare following blepharoplasty. The usual cause is abrupt bleeding behind the eye within the first 12 hours after surgery.
- Pain not controlled by the prescribed pain medication.
- Bleeding or drainage from incision sites beyond what you have been told to expect. A small amount of blood tinged fluid oozing from the incisions is to be expected for the first 24-48 hours. Take care not to blot too hard or displace the steri-strip dressing.
- A temperature greater than 101°F that is not relieved with Tylenol, severe nausea/vomiting, and continuous dizziness or unusual behavior.

### **Day of Surgery:**

- *Rest, yet keep moving:* It is important that you rest while healing, although for very brief periods of walking inside is just as important (5-10 mins every couple of hours, while awake).
- *Keep your head elevated* (reclining chair or 2-3 pillows) while resting and sleeping will keep you more comfortable & reduce swelling. Avoid bending, heaving lifting (over 10 lbs.) or straining for two weeks after surgery.
- *Avoid use of contact lenses:* for 2 weeks after surgery.
- *Take all prescribed medication.*
- *Stitches:* Your sutures will dissolve on their own. On occasion, non-dissolvable sutures are used, which will be removed in the office. Leave the steri-strip tape on your eyelids until your post-operative visit. If there is not a steri-strip in place, clean the incision gently using a Q-tip and peroxide twice a day.
- Apply a small amount of eye ointment (Gen Teal Gel– This **is not** a prescription and can be purchased at Wal-Mart, etc.) to both eyes each night at bedtime for the first several nights after surgery. You may use it more often if your eyes feel dry.
- *Do not sleep under a ceiling fan* as this may cause dry eyes. If your eyes feel dry, you may use moisture drops as often as you need to (Gen Teal Drops). **DO NOT** use the type of drops to get rid of redness.
- *Do not use eye make-up* for at least 2 weeks following your surgery. Dr. Devlin will inform you when it is OK to use eye make-up.
- *Do not stretch, pull, or tug* on your eyelids for four weeks.
- Remember, same-day surgery does not mean same-day recovery! Healing is a gradual process. It is normal to feel discouraged while waiting for swelling, bruising, discomfort and numbness to diminish. Allow yourself to be patient! Extra rest, a nutritious diet, and avoidance of stress are important aids to recovery.

### **Two to Seven Days Following Surgery:**

During this period, you will progress day by day. Slowly move into your daily activities.

## **General Information and Post-Operative Care For: Blepharoplasty**

- Contact our office to make an appointment for your first check up, usually 4-6 days after surgery. You will be advised by your practitioner on when you may begin driving, return to work or resume regular activities.
- *Continue a well-balanced diet and reduce salt intake.*
- *Sun protection:* This includes the daily use of a broad-spectrum sunscreen of SPF 30+ whether anticipating outdoor sun exposure or just general exposure from everyday living. Wear a hat to limit exposure to your nose.
- *Caution with skincare:* Avoid glycolic acids, retinols, or other skincare products that may be irritating until advised. We recommend Elta M.D. skincare products (available in our office to purchase).
- *Continue with antibiotics or other medications as prescribed.* At this time, you may be tapering off any prescription pain medication to acetaminophen.
- *Maintain head elevation while sleeping.*
- *Continue to avoid any bending, straining, heavy lifting or anything that causes increased pressure in the head & neck area.*
- *Avoid exercise other than walking:* Walking daily will help prevent formation of blood clots.

### **One to Four Weeks Following Surgery:**

As you return to most daily activities, keep in mind you are still healing & certain restrictions & proper care remain a priority.

- Bruising & swelling improve significantly during this period.
- *Maintain proper skincare.* This includes the daily use of a broad-spectrum sunscreen of SPF 30+ whether anticipating outdoor sun exposure or just general exposure from everyday living. We recommend Elta M.D. Daily SPF 40 \$25.00 or Elta M.D. Clear SPF 46 \$30.00. Wear a hat to limit exposure to your nose.
- *Maintain a well-balanced diet.* This is essential for optimal healing following surgery.
- *No smoking.*
- *Rest or sleep semi-reclined.*

### **Four to Six Weeks Following Surgery:**

Overall swelling continues to subside & you will begin to “settle” into your natural appearance.

- Tenderness, tightness or skin numbness will continue to diminish.
- Once cleared by your practitioner, you may ease into your workout routine. Discuss *any* contact sports and further protection *before* resuming.

### **The First Year:**

Continued refinements in your eyelid appearance may take several weeks to 6 months until healing has completed its course. Once the outcome is complete, your Dr. Devlin will determine if any further refinements may be recommended.

- *Appearances continue to change with age.* Just as other areas of our face and body may change with age, so do your eyelids.

*As a final reminder:* Please be sure to call if you have any questions or concerns. We are concerned about your physical as well as emotional well being and want to help in any way we can.