



Blepharoplasty: Pre + Post Op Instructions

Please read below Pre-Op AND Post-Op instructions *prior* to your surgery so you are prepared

- ❖ Upon scheduling your appointment, we require a \$300 non-refundable deposit. This reserves your surgery appointment and is credited toward the balance due on the day of surgery.
- ❖ You will be asked to pay the remaining balance on the date of, and prior to your surgery.
- ❖ You may reschedule your appointment within 5 business days.
- ❖ We accept CASH, CHECK, AMERICAN EXPRESS, DEBIT, VISA, MASTERCARD, DISCOVER, FLEXIBLE SPENDING ACCOUNT CARDS

Pre-OP Instructions (prior to surgery):

- Dr. Ashley will call in your prescription prior to your surgery date. Bring your prescription with you into the office **ON THE DAY OF YOUR SURGERY. DO NOT TAKE THE MEDICATION UNTIL INSTRUCTED BY MED BOUTIQUE WHILE HERE IN THE OFFICE ON THE DAY OF SURGERY.**
- If you are unable to keep your surgery appointment or wish to make changes, please notify us at least 5 days prior to your scheduled appointment
- You will need to have a responsible adult drive you home after your surgery. You may also take a taxi or Uber. We recommend someone be with you for the first 24-hours after your surgery.
- Report any cold sores, or infections prior to surgery
- You may have a light breakfast / lunch and water on the day of surgery. Avoid all alcoholic beverages for 24-hours before surgery
- Prior to surgery remove **all** makeup; eyeshadow, mascara, eye liner, lipstick, etc.
- Wear comfortable, loose fitting clothing such as a button down shirt and slip-on pants. Flat shoes are recommended
- Bring sunglasses to cover your eyes
- Do not wear anything made of metal such as a watch, rings, earrings, necklace or any body piercings.
- Do not wear contact lenses. Bring your glasses with you to sign the necessary paperwork
- Do not take aspirin, ibuprofen, vitamin E products or anything that causes bleeding for 2-weeks prior to and after surgery. Prior to Surgery, please inform us if you take Coumadin or Plavix or if you have had aspirin recently
- Do not let your blood pressure get high during the first several days after surgery. This could cause increased bleeding and bruising. This means no heavy activity is allowed. No exercising, running bending over or **lifting** anything over 10 pounds. Gradually increase your activity after 5 days
- Do not stop taking heart and/or blood pressure medications which should be taken with a small sip of water.
- Supplies to have prepared prior to coming home from surgery:
 - Bowl with cold water and a clean, light weight facecloth or paper towel
 - Several pillows so you can sleep with your head elevated for a couple of nights

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Post-OP Instructions (after surgery):

- During office hours call (980) 237-1627 for any questions or emergencies
- After hours & weekends: call Dr. Ashley on her cell phone at: (704) 724-3969
- Call the office immediately if you have:
 - Unusual pain or swelling
 - More than a teaspoonful of bleeding
 - Visual disturbances
 - Anything you feel may be abnormal
- It is typical if your eyes feel tight
- It is typical for your eyes to barely close
- You may use Lacri-Lube if you have dry eyes
- Keep your head elevated with 2 to 3 pillows or in a recliner at a 45 degree angle for the first week
- **Do not bend over to pick up anything on the floor**
- During the first 24 hours it feels good to roll up a light weight face cloth, dip it in a small bowl of cold water and apply it over eyelids for a few minutes. It also keeps the incision clean and prevents crusting and helps to minimize swelling and bruising. Do this for about 5 minutes every hour or so.
- Avoid any strenuous activities or heavy lifting for 4 weeks
- You may shower 24 hours after surgery. Do not let the spray of water hit you directly in the face. Gently pat your eyes to dry.
- Do not wear contact lenses for 2 weeks after surgery. Eyeglasses may be worn as needed but do not let them pull out the sutures.
- Do not operate a motor vehicle until you can see clearly
- Do not operate a motor vehicle if you are under the influence of pain medication from the surgery

Dressings

- **Do not remove your steri-strips.** They will be removed with your sutures (stitches) 4 days after surgery at your post op appointment. If they fall off please call our office immediately. Leave the sutures (stitches) in place. **DO NOT clip or pull the sutures out!**

Medication

- Do not take aspirin, ibuprofen or vitamin E products for 2 weeks after your surgery
- You may take Tylenol for discomfort
- You may need to use natural tears during the day & Lacri-Lube at night to prevent dryness of your eyes. Do not pull on your eyelids when applying drops and Lacri-Lube
- Your lids may not close completely at first, but as the swelling goes down your eyelids will relax and you will have better closure.

Makeup / Other

- Do not wear any eye makeup for the first 7 days. After 7 days you may wear makeup but avoid applying it directly on the incision line for 4 weeks
- Avoid direct sunlight to your incision. Wear sunglasses with UVA, UVB protection