

BLEPHAROPLASTY (EYELID SURGERY)

BEFORE YOUR PROCEDURE

What can I expect during my consultation?

During your consultation you can expect to discuss the following with your surgeon – your goals and expectations of surgery and what you hope to achieve, your health history (including tobacco, alcohol and drug use), current medications (including vitamins, supplements), prior surgeries, and family or personal history of bleeding disorders. Based on your goals and expectations and your medical history, your surgeon will discuss your options and make recommendations. The possible risks of the procedure will be addressed. You will also discuss the option of having the procedure done in the office or in the operating room. Make sure to bring a list of your current medications and the questions you have for the doctor to make sure that all your questions and concerns are addressed at this appointment. Pre-operative photographs will be taken.

For an upper blepharoplasty, the incision is typically placed in the natural creases of your upper eyelid.



For a lower blepharoplasty, the incision can be placed directly under your lower eyelashes or through an incision on the inside of your lower eyelid.



How can I prepare for the procedure?

There are a few things that you can do to prepare for your surgery. First and most importantly, if you smoke you will have to quit smoking at least 6-8 weeks before your

procedure. Smoking greatly impacts your ability to heal and can negatively impact your cosmetic outcome.

One week prior to your procedure you should ideally stop taking anti-inflammatory medications (ibuprofen, naproxen), aspirin, herbal supplements, and certain vitamins as these can increase your risk of bleeding. However, prior to stopping any prescribed medications you should discuss your plan with the doctor who recommended these medications and confirm that it is okay to stop them temporarily.

At the discretion of your surgeon, and based on your medical history, you may be asked to go to get pre-operative clearance for surgery. Depending on your health status, these appointments are either over the phone or in person.

The day before your procedure you will receive a phone call to confirm your surgery start time, the time you should arrive at the hospital, and which medications to take/not take the night before. Additionally, you will be counseled on what time to stop eating and drinking in preparation for surgery and anesthesia.

THE PROCEDURE

If you are having your procedure in our office:

If you and your surgeon decide that you can have your procedure done in the office, you will be provided with prescriptions for medications that you should bring with you to your appointment. After you arrive at the office, you will be brought to the procedure room where the procedural consent form will be discussed and signed. At this point your surgeon will make their pre-operative markings. Then, under the supervision of your nurse and physician team, oral sedatives will be given to help relax you and relieve any anxiety during the procedure. Numbing medication will be injected into the areas that are to be addressed, then the procedure will begin.

If you are having your procedure in the operating room:

Once at the hospital, you will be brought to a pre-operative room where you will meet your care team. First, a nurse will review your health history and medication list. The nurse will then place an IV for fluids and medications. You will then be seen by members of your anesthesia and surgery team. Each team will discuss their roles, answer any questions and have you sign separate consent forms for the anesthesia and the surgery. Your surgeon will mark your eyelids before you head to the operating room.

The Procedure

The procedure itself will last approximately 1-3 hours depending on whether you are having your upper or lower eyelids done or both.

AFTER YOUR PROCEDURE

After surgery you will wake up in the recovery room where you will be taken care of by one of our nurses. When you are awake and ready to go home, you will be given specific instructions about how to care for your eyes, medications to apply to your incisions or take by mouth, what to look out for and when to call your doctor.

Eyelid surgery is an outpatient procedure, which means that you will go home the same day. You will need somebody to pick you up from the hospital or office and bring you home. It is recommended that you have somebody at home with you for the first 48 hours

You can expect to have some soreness for the first 48 hours. Swelling and bruising will persist longer and can last up to 6 weeks depending on the extent of the procedure. Ice packs are a nice adjunct for the first 48 hours only. Place an ice pack over both eyes for 10 minutes at a time, up to 6 times per day.

If you have external incisions, a low-potency antibiotic ointment will be prescribed. Please place a small amount on your external incisions twice daily. Many patients develop low-grade, dry eye symptoms the first couple weeks. We recommend twice daily use of natural saline eyedrops to minimize that gritty, teary sensation. You can buy these drops over the counter at your local grocery store or pharmacy.

You should not wear contact lenses until cleared by your surgeon - typically 7-10 days after surgery.

For the first two weeks after surgery, you should avoid vigorous activity and heavy lifting.

Please do not drive until you are cleared by your doctor and you are no longer taking prescription pain medication.

To help improve the appearance of your scars, it is highly recommended that you avoid the sun for 3 months after your procedure. Wear a hat, sunglasses, and sunscreen if you have to be out in the sun.

You will have your first follow-up appointment with your doctor approximately 1 week after your surgery. At this appointment, your doctor will assess how you are healing and take out any small stitches that need to be removed.

Please call your doctor at 312-695-6022 if you notice any of the following:

- Fever 101 degrees or greater
- Spreading redness from your incisions
- Excessive swelling or bruising
- Heavy bleeding
- Lack of pain relief from the prescribed pain medication

If you need immediate attention, please go to your nearest Emergency Department.