

General Information for Blepharoplasty Patients

Please read the following information carefully

Information before your surgery...

The night before your surgery, please do not have anything to eat or drink after midnight. This includes water, candy, and mints.

The office or hospital will call you the day before your surgery to confirm your arrival time.

It is recommended that all patients wear loose, comfortable clothing on the day of surgery. **A top that buttons or zips up in the front is ideal** so it does not need to be pulled over your head. Please do not wear any make-up, contact lenses or jewelry.

We recommend for our patients to **quit smoking** as soon as possible. Please do not smoke **6 weeks** before and after your surgery, as this may cause complications with your healing process.

Regular prescription medicine can be taken as usual. If you need to take something on the day of your surgery, please use a minimal sip of water.

Aspirin (ASA) and other anti-inflammatory medication

The following medications should be stopped 7 days before surgery, as they can cause excessive bleeding and bruising during and after your surgery. Please consult Dr. Seal when you should restart the medication post-operatively:

- Aspirin (ASA)
- Non-steroidal anti-inflammatory medication such as Ibuprofen (Advil), Naproxen and others.
- Anti-coagulants and blood thinners (Warfarin/Coumadin). Please discuss this with Dr. Seal.
- Herbal medications - Check with your doctor.
- Vitamin E

Recreational drugs or alcohol should not be used 24 hours before and after your surgery. These can interact with your anaesthetic and/or post-operative pain medication and cause serious complications.

You will need to have an adult accompany you to and from the hospital. There should also be someone who can **stay with you for the first 24 hours after your surgery**. If you do not have someone to do this, please let us know and arrangements can be made to hire a nursing escort. If you are traveling to Vancouver, please make arrangements to stay within the lower mainland overnight after your surgery.

Many patients feel well after their first week of recovery. It is recommended, however, to arrange **2-3 weeks off from work**, or any other **significant commitments**, to help with a longer recovery if needed, or if you have some bruising that requires time to resolve. You will also **not be able to do anything strenuous for 4 weeks following surgery**.

Information after your surgery...

1. You will be given a prescription for medication to make you more comfortable after your surgery. **Take the medication as it is prescribed**. During the first 2-3 days, do not wait to feel any discomfort, and plan to take the medication regularly. At night, take the medication **before you go to sleep**, and consider setting an alarm to take your scheduled dose during the night. This will help with your pain control in the morning. You should refrain from driving while taking these medications.
2. The anaesthetic and post-operative medications can occasionally have some common side-effects, such as, **nausea** and **constipation**. **Over-the-counter** medications can minimize these side effects and are available at your local pharmacy. An option for nausea is **Gravol**, and for constipation, **Colase**. A pharmacist can help you with these if you have questions.
3. You should go straight home after your surgery and **relax and rest for the first 24 hours**. Please avoid anything that may increase your blood pressure, as this can result in bleeding. **Rest frequently** for the first week after surgery.
4. **Sleeping** on your back with your **head elevated** on **several pillows** is recommended to help decrease any swelling.
5. Please apply the **antibiotic ophthalmic ointment** to your incisions **twice a day**. This will be provided, or can be purchased at most drug stores without the need of a prescription.
6. You will also be provided a gentle solution that can be used safely to cleanse your eyes daily for the first week.

7. Many patients find starting with clear fluids and simple, soft foods to be the most gentle on their stomach over the first 12-24 hours after their surgery.
8. You will be provided with an **ice mask** that can be applied **15 minutes** every few hours during the **first week** following surgery. **Cold compresses and ice packs are the most important thing to do to help minimize the swelling.**
9. **Showering:** You may shower 1 day after the procedure. Please do not get your face wet for the first 7 days. The incisions can be cleaned with “Q-Tips” soaked in Hydrogen Peroxide 3%. As well, please do not have the shower too hot, as this can cause overheating and result in bleeding.
10. Your sutures will need to be removed 5-6 days after your surgery.
11. You will be **unable** to perform any **heavy lifting** or **strenuous activities** for **4 weeks following your surgery**. As well, **avoid bending over** during the first 2 weeks after surgery.
12. Make-up should be avoided around the incisions for the first 2 weeks.
13. Your follow-up appointments will be provided to you by the office.
14. After you leave the hospital, there are a few things to watch during your healing process. If you see any of the following, **please call Dr. Seal**, or St. Paul’s hospital at 604-682-2344 and ask to speak to the plastic surgeon on call:
 - **Leg swelling**
 - **Shortness of breath**
 - **Redness around your incisions**
 - **Increased pain around your incisions or in the eyes**
 - **Change in your vision**
 - **Eyes and eyelids become excessively bruised, firm or swollen**

If you have any questions during your post-operative course, please do not hesitate to contact Dr. Seal, or our office.

Common Things to Expect:

- You may have some discomfort in your eyes, which should gradually improve. If this pain is increasing, please call the numbers you will be provided. The tight feeling also relaxes over the first few weeks.
- A small amount of blood and fluid can drain from the incision line and sutures. You can dab this with Q-tips or gauze that is provided.
- Your eyes may water, or occasionally feel dry during the first few days-to-weeks after surgery. Please use the gentle solution provided for your comfort as much as needed (eg. Refresh Tears, Genteal, Tears Naturelle, etc).
- Swelling can commonly occur around the eyes and usually is the most noticeable over the first 72 hours. This usually resolves within 3 weeks, however, can occasionally take longer to resolve.
- Walking around is encouraged during your recovering time, as long as you do not increase your heart rate or raise your blood pressure.
- **Diet:** Make sure you drink plenty of fluids over the first week after surgery. Sip from a cup, and do not use a straw, as this can create undue strain on the muscles of the face as you recover.
- You can get your hair wet after 3 days. Please do not shower if you are feeling dizzy and ensure there is someone nearby to assist you. Use luke warm water, and avoid vigorous massage of the face and scalp. To dry your hair, use a hair dryer on a low setting, held approximately 1 foot away from your head. Please avoid the use of hair products (eg. conditioners and hairspray) for 2 weeks after surgery.
- A significant amount of bruising can also occur around the eyes. This again is usually the most noticeable over the first 72 hours, and resolves over the course of 3 weeks. For some patients, this process can take longer. You may apply camouflage make-up after the sutures are removed away from the incision lines.
- Please keep your incisions out of the sun for the first year after surgery. Remember your incisions are vulnerable to UV exposure from the sun even on cloudy days.

If you have any questions during your post-operative course, please do not hesitate to contact our office.