

REYNOLDS  
ORAL & FACIAL  
SURGERY  


PRE-OPERATIVE INSTRUCTIONS  
BLEPHAROPLASTY  
(EYELID SURGERY)

- Procedure:** Correct drooping upper eyelids and puffy bags below the eyes by removing excess fat, skin, and muscle. (*Upper-eyelid surgery may be covered by insurance if used to correct visual field defects*)
- Length:** 1 to 3 hours.
- Anesthesia:** Usually locally with sedation or general.
- In/Outpatient:** Outpatient.
- Side Effects:** Temporary discomfort, tightness of lids, swelling, bruising. Temporary dryness, burning, itching of eyes. Excessive tearing, sensitivity to light for first few weeks.
- Risks:** Temporary blurred or double vision. Infection, bleeding. Swelling at the corners of the eyelids. Dry eyes. Formation of whiteheads. Slight asymmetry in healing or scarring. Difficulty in closing eyes completely (rarely permanent). Pulling down of the lower lids (may require further surgery). Blindness (extremely rare).
- Recovery:** Reading: 2 or 3 days. Back to work: 7 to 10 days. *Contact lenses:* two weeks or more. *Strenuous activities,* alcohol: about 3 weeks. *Bruising and swelling gone:* several weeks.
- Duration of Results:** Several years. Sometimes permanent.

**Do's and Don'ts Before Surgery**

- **Do not** take aspirin, baby aspirin, coated aspirin, aspirin-containing medications (for example, some cold remedies), aspirin-like medications (including many prescription arthritis medications), or ibuprofen and related medications (Motrin, Advil, Alleve, etc.) during the three weeks before surgery. Even one tablet can interfere with blood clotting. Tylenol (or any brand of acetaminophen) **may** be used at any time
- If you use prescription "blood thinners" such as Coumadin or Plavix, be sure to discuss this with your surgeon well in advance of your surgery. You will need to follow special customized instructions.

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- If you use a separate Vitamin E supplement or fish oil, **stop two weeks before surgery**. The small amount of Vitamin E contained in a normal daily multivitamin is not of concern.
- Other common over-the-counter supplements are known to prolong bleeding, ginkgo biloba, ginseng, garlic, and many other herbs. For this reason, **do not have any herbal supplements or herbal teas or any other over-the-counter supplements not specifically recommended by your general physician**.
- Unless you are advised otherwise, **continue using all of your regular medications in their normal dosages**. If you are diabetic, you may need to adjust your dose of diabetic medicine on the day of surgery. Be sure to talk to your surgeon about this and any other special medications.
- **Stop smoking six weeks prior to surgery**.
- You should have the following supplies ready for use upon your arrival home:
  1. Ice cubes (one or two trays)
  2. Several clean washcloths
  3. A small clean bowl to hold water
  4. Several gallon-size Ziploc bags (to use for ice packs), or
  5. A package of frozen baby peas
- You should purchase the following supplies before surgery:
  1. A small bottle of Extra-Strength Tylenol (or the equivalent brand of acetaminophen)
  2. A small bottle of artificial tears
- Arrange for someone to drive you to your surgery and pick you up afterwards. You **may not** drive yourself home.
- Someone must stay with you at home on the afternoon and evening of surgery.
- Shower and shampoo the morning of surgery. Wash your eyebrows and thoroughly and remove all eyelid cosmetics. **Do not** reapply cosmetics to your eyelids or face.
- **Do not** wear jewelry, necklaces, wristwatches, hairpieces, false eyelashes, or contact lenses. Do not bring articles of value with you. **Wear loose-fitting comfortable clothes. Avoid tight collars or belts. Avoid long sleeves**, which can interfere with blood pressure monitoring.