

Hurwitz Center for Plastic Surgery
Forbes Allies Center
3109 Forbes Avenue, Suite 500
Pittsburgh, PA 15213
412.802.6100

BLEPHAROPLASTY Instruction

Before your operation

- 1.No aspirin or medications containing aspirin for two weeks before surgery** since it may interfere with blood clotting. For minor pain take Tylenol. No Vitamin E for two weeks prior to surgery as it interferes with clotting. Please review the enclosed MEDICATIONS TO AVOID BEFORE SURGERY sheet which included herbal remedies.
- 2. NO SMOKING.** Nicotine causes peripheral vasoconstriction and compromises circulation leading to skin death (necrosis). The ban includes nicotine patches.
3. Report any signs of a cold, infection, boils, or pustules appearing within one week.
4. Arrange for someone to drive you to your home after surgery.
6. Do not eat or drink anything (including water) after midnight. In the morning you may brush your teeth or use mouthwash.
7. Do not wear makeup, contact lenses, earrings or constrictive clothing. No pantyhose. A jogging suit or other casual attire is appropriate.
8. Arrange for an adult to stay with you for the first 24 hours post-operatively.

After Your Operation

1. Rest and sleep with your head on several pillows to reduce swelling.
2. Apply cold compresses or a bag of frozen vegetables to the eyelids and change frequently, as they become warm for the first 2 days.

3. Some swelling, bruising, and bloody drainage is expected.
4. Vision may be slightly blurry for several days. Report extreme eye pain, pressure or reduced vision immediately. If there is rapid swelling, you be developing a hematoma, which requires attention
5. Take medications according to instructions on the bottle. When taking strong narcotics for pain, (Vicodan ES or Percocet) you may feel "spacey" or drowsy, excessively tired or nauseated. So have a responsible adult give you your medications according to the proper time intervals. Narcotics can also constipate you and inhibit bladder function. Withhold these pain medications if you have any of these adverse effects and take tylenol.
6. For concerns, please call the office Monday through Friday, 8:30 a.m.-5:00 p.m. For after hours, call UPMC Health System operator at **412-647-2345** and ask to speak with the plastic surgery resident on call.
7. Drink clear fluids and advance your diet as tolerated on the second day.
8. Do not do any heavy lifting or bending for 2 weeks.
9. Remember that the discoloration, tautness and swelling is temporary.
10. Avoid activity that increases blood pressure to the head one week. (Sneezing, coughing, excess emotional stress and bending over).
11. Eyes will generally be dry and scratchy for first post-operative week. Saline drops or commercial liquid tear preparations can be used for symptomatic relief.
12. Sensitivity to light is normal for several days.
13. Sutures are removed about the 4th day.