

The Paragon Plastic Surgery & Med Spa
Mark A. Bishara, M.D., P.A.

EYELID SURGERY (Blepharoplasty)

PROCEDURE AND POST CARE INSTRUCTIONS

I. ITEMS NEEDED:

- Prescription medicines
- antibiotic ointment
- Q-tips

- Sunscreen with a UVA/UVB SPF of 15 (we have excellent sunscreen available)
- Vitamin C 2000mg twice daily for 14 days.
- Zinc 50mg once daily for 14 days.
- Constipation Prevention (while taking narcotic pain medication): Colace 100 mg twice daily and Milk of Magnesia until normal bowel movements..
- Arnica Montana. Starting 5 days before your procedure and then continuing 10 days after your procedure, take 4 tablets of Arnica Montana, under your tongue 4 times a day. (DO NOT EXCEED 16 TABLETS A DAY). This will help with swelling and bruising.

OFFICE PHONE NUMBER: 817-473-2120 (9am — 5pm M-F)

EMERGENCIES OR AFTER HOURS: 817-473-2120 (24-hour answering service)

TWO WEEKS PRIOR TO SURGERY:

- Do not take any aspirin, aspirin containing medicines or anti-inflammatory medications for two weeks prior to surgery (including Motrin, Naprosyn and Celebrex). These drugs cause bleeding that may result in blindness. Only Tylenol is okay.
- Do not use Vitamin E or C supplements or any other herbal remedies for two weeks prior to surgery.
- If you smoke, it would be very beneficial if you refrain from smoking at least 2 weeks prior to your surgery. This is to help your lungs and circulation be in their best condition for surgery and to aid in healing.
- If you develop any illness prior to your surgery, contact our office as soon as possible.

MORNING OF SURGERY:

- PLEASE remember to bring your prescriptions with you to Surgery.
- Do not eat or drink anything after midnight on the evening before surgery. Do not wear eye make-up on the morning of surgery.

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- On the day of surgery, please do not wear wigs, hairpins, jewelry, false eyelashes, or contact lenses. Wear or bring loose-fitting clothing. It would be a good idea to bring a pillow to make your ride home more comfortable.
- If you have long hair, please pull it away from your face with a band.
- Please have crushed ice on hand to apply on eyes after surgery.

THE PROCEDURE:

A. Goals for surgery: The excess fat and skin that create droopy lids and bulging pouches are removed from the area around the eyes. The removal of this tissue causes the eyes to have a more open, alert and youthful appearance. Eyelid surgery is often used to compliment other cosmetic procedures such as a brow lift and/or a face lift.

B. Anesthesia: Blepharoplasty is usually carried out under local sedation with monitored anesthesia that is performed by an anesthesia professional.

C. Upper lid surgery is performed by making an incision in the natural crease of the upper eyelid. Excess skin and fat are removed through the incision which is closed with delicate stitches.

D. Lower lid surgery is usually done at the same time as the upper lid but either can be done independently. The incision for lower lid surgery is usually made on the inside of the eyelid (which leaves no visible scar) or below the lower lashes which, with time, leaves a small inconspicuous scar). Once excess tissue has been removed, absorbable sutures may be used to close each incision. As time passes, the incisions for both the upper and lower eyelids blend in with the surrounding skin and are easily camouflaged. The skin at the outer corners of the eye is thicker and takes longer to heal. Complete healing usually occurs 3 to 6 months after

surgery. A chemical peel can be performed either at the time of the lower eyelid surgery or approximately 4-6 months later, depending on your particular circumstance.

CARE FOLLOWING THE PROCEDURE:

A. Bleeding: Call our office if any bleeding persists after holding gentle pressure over the area for 15 to 20 minutes. If a chemical peel was performed in conjunction with the eyelid surgery, Do NOT apply pressure to the area. Call us immediately if bleeding persists Eyelid Surgery / Blepharoplasty

B. Contact Lenses: Do NOT wear contact lenses for at least 7 to 10 days after surgery or until you are instructed to do so. Sometimes redness of the white of the eye may occur. Please contact our office if redness or any sudden change in your vision occurs.

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C. Discomfort: Most patients experience little or no discomfort following eyelid surgery and any discomfort is usually relieved by taking Tylenol.

D. Driving: Do NOT drive while on pain medications or if your eyelids are swollen.

E. Dry Eyes/Numbness: After surgery, you may notice that your eyes are drier than normal. Artificial tears may be used until the dryness subsides in a matter of days or weeks. Also, expect some numbness along the lash lines as well as a "heavy" feeling in the eyelids. These symptoms will disappear as swelling subsides.

F. Incisions: Clean your incisions every 4 to 6 hours for 7 to 10 days with a Q-tip soaked in witch hazel or hydrogen peroxide. Take care to keep the witch hazel or hydrogen peroxide out of your eyes. Apply your antibiotic eye ointment on top of the clean incisions. It is important to keep the incisions from drying out.

G. Make-up/Sunscreen: You may apply make-up in addition to sunscreen on your eyelids the day after the stitches are removed, if no chemical peel was performed in conjunction with your surgery. If so, then Dr. Bishara will advise you when make-up is permissible. If irritation occurs, wait an additional 3 to 7 days before using make-up.

H. Physical Activities: Walking and light activities can be resumed 3 to 7 days after surgery. Avoid anything that puts pressure on your face such as lifting, bending, and straining for 7 to 14 days. Try to suppress any forceful coughing or sneezing for 2 weeks. Avoid aerobic or heavy exercise for at least 3 weeks following surgery.

I. Shower/Bath/Hair: You may take a shower or bath the day after surgery. Gently clean your face with water and your fingertips. You may wash your hair gently 24 hours after your surgery. Use the lowest setting if a hair dryer is used.

J. Smoking: Do NOT smoke. Avoid second-hand smoke.

K. Sun: Avoid the sun which may darken maturing scars. Protect the incisions by using sunscreen with an SPF of at least 15, sunglasses and/or a wide-brimmed or baseball hat.

L. Swelling/Bruising: Some swelling and bruising will develop and is minimized by resting in an elevated position. Rest and sleep in a reclining position with your head elevated 45 degrees for at least 2 weeks after surgery. Sleep on your back and not on your side. Swelling usually peaks within 72 hours. As a general rule, 80% of the swelling will be gone in 2 weeks and the remainder will usually resolve in 2 to 3 months. Avoidance of salt in your diet will also help to prevent excess swelling.

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Since healing occurs at different intervals, expect your best result to be achieved at 6 to 19 months following your surgery. The best outcome will be achieved by following instructions and taking good care of yourself.