**IN OFFICE EYELID SURGERY**

The delicate skin of the eyelid region can be highly vulnerable to the damaging effects of the natural aging process, sun damage and other environmental factors. They can cause negative aesthetic changes to the upper and lower eyelids. Blepharoplasty procedures can address and correct many problematic aesthetic issues impacting the appearance of the upper and lower eyelids.

**What to expect during the procedure:**

* Arrive at the office 30 minutes prior to your surgery. At this time, you may take your prescribed Ativan. Preoperative photos will then be taken. You will be brought into our in-office procedure room and Dr. Husain will mark the surgical area. At this time, you may discuss any questions that you may have. Local anesthetic will then be injected into the surgical area.
* During the blepharoplasty procedure, excess skin and sometimes fat is removed to enhance eyelid symmetry and definition. There are two main types of blepharoplasty:
* **Upper Eyelid Lift (Upper Blepharoplasty):**During this procedure, the excess skin is removed through an incision made within the natural crease of the upper eyelid, and if present in excess, fat deposits are also reduced.
* **Lower Eyelid Lift (Lower Blepharoplasty):** this technique involves the removal of surplus skin in the lower eyelid region through a small incision made just below the lower lash line; excess fat deposits can also be repositioned or removed.

**What to expect after the procedure:**

* If you took the prescribed Ativan you will need a friend or family member to drive you home from the office.
* Blepharoplasty surgery has an average recovery time of one or two weeks.
* You will need to keep the surgical area completely dry for the first week, so it is recommended to shower and wash your hair the morning of your surgery. You can wash your hair after surgery as long as you keep the eyelid area dry.
* The steri-strip tapes that cover the incisions will remain on for one week after surgery.
* At one week you will be given a follow up appointment with our nurse Alisha. The steri-strips and sutures will be removed and you will be able to see the initial result. This will improve over the following five weeks.
* See **INSTRUCTIONS FOR PATIENTS AFTER** **EYELID SURGERY** information page for all post-surgery information.

**INSTRUCTIONS FOR PATIENTS AFTER**

**EYELID SURGERY**

**After Surgery WOUND CARE**

* Expect some swelling, bruising and pain after the operation, maximum discomfort should occur in the first few days, improving each day after.
* Expect temporary swelling of the eyelids, tightness, bruising, and itching.
* Bruising and swelling of the eyelids may last 1-2 weeks. It is not uncommon for one eye to be more swollen than the other.
* Keep area dry for the first week after surgery, wash face with damp cloth avoiding the eyes until your 1 week apointment with our nurse.
* Keep steri-strips on. If Steri-strips come off, you can replace them. Steri-strips can be purchased at any drug store/ grocery store.
* DO NOT take showers until the sutures are removed. Once the sutures are removed, you can shower as normal.
* Avoid rubbing your eyes for the first 2 weeks after your surgery.
* No makeup or creams should be applied to the area for two weeks after surgery.
* For optimal results and healing see back of page for recommended post surgery skin care routine.

**Activity**

* Avoid activities that raise your blood pressure, including bending over, lifting heavy objects, rigorous sports for 2 weeks.
* You can do light activities such as driving, going for light walks, etc. directly after surgery.

**MEDICATIONS**

* Take pain medication as directed by your doctor:
* every 4-6 hours as needed.
* If pain is mild you may take extra strength Tylenol instead.
* Do not take products containing Ibuprofen (Advil, Aleve, Motrin, Aspirin) in place of pain medication.
* If you have stopped medication before your surgery (aspirin, anti-inflammatory drugs, Coumadin, herbal medication, etc.), they can be restarted 3 days after surgery, provided there is no bleeding from your incision.

**APPOINTEMENT**

* At your 1 week appointment your stitches will be removed, after this we ask that you wait 1 week before applying makeup or creams directly on your incision. You will have a follow up appointment with Dr. Husian at 6 weeks from your surgery date.
* If you have an urgent problem before this appointment (e.g. difficulty with vision), go to the emergency room.
* If the problem is less urgent, call our office. As an example:
* Your medications do not control pain;
* You are worried about the healing of your incisions.

Common Questions

1. ITCHING- this is very common in the first week after surgery. As the incision heals it can become dry and cause the area to feel itchy, the Steri-strips can also cause some itchiness. Avoid scratching the area.
2. The first night after surgery it can feel difficult to close your eyes when you go to sleep. This is very normal, it is partly due to the swelling of the eyelids, as well as the freezing medication that was injected during surgery, it can cause the eyelid muscles to relax, making it difficult to close the eyes fully. This will improve as the medication wears off.
3. Swelling will vary patient-to-patient as well as side-to-side. Swelling may actually increase the first three to four days before subsiding. Most of your swelling should resolve over the first two weeks.
4. USE OF ICE- using ice to help with swelling is not required but if you wish to do so use caution. Do not apply ice directly to the skin, wrap ice pack in a face cloth or towel. Apply ice for 10-20 minutes every couple of hours for the first 2 days after surgery. Do not leave ice on area for long periods of time or fall asleep with the ice pack applied.

Recomemnded Care Post Surgery

 

V-Stat- Suitable post surgery treatment for the prevention of hypertrophic scars and to minimize the appearance of new scars.

Begin using 2 weeks after surgery. Apply a thin layer to area morning and night.

Continue using until happy then continue using Grenzcine Eye Cream.