



GULF COAST FACIAL PLASTICS

Where Art and Medicine Come Face to Face®

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Pre/Post-Operative Instructions for Blepharoplasty

PRE-OPERATIVE:

- No smoking for two weeks prior to and two weeks following surgery.
- No Aspirin, Aspirin products, ibuprofen, herbal teas, multi vitamins, or vitamin E for two weeks prior to surgery and for one week after surgery. Take only Tylenol and Tylenol products (acetamaphine).
- Please do not wear make up the day of your surgery and until you are instructed otherwise.
- Do not wear contact lens on the day of surgery.

POST-OPERATIVE:

- Keep your head elevated for one week following surgery. Avoid bending over or any strenuous activity for one week.
- Place cold packs on the suture lines for the first 24-48 hours following surgery in order to minimize swelling and bruising.
- Avoid places where you may be exposed to noxious fumes, dust or other air contaminants. If possible arrange to stay home for one week.
- Contacts and eye makeup should not be worn until the doctor says you may do so.
- A small amount of bleeding is normal. If the bleeding is excessive, or if you have ANY decrease in vision, contact the office immediately.
- Minimize sun exposure after surgery. The first two months are critical. Use sunscreens with a SPF of 15 or greater once you begin wearing makeup again.
- If you experience any redness or dryness of the eye you may purchase Lacrilube to use at night and artificial tears for the daytime hours.