



SHEINA MACADAM  
MD FRCSC

## **General Operative Instructions for Blepharoplasty Surgery**

### **Before your surgery...**

Please read these instructions carefully

Please have NOTHING to eat or drink after midnight the night before your surgery. This includes water, candy, mints or gum.

Our office will call you after 3pm the day before surgery to provide you with your arrival time for surgery.

It is recommended that all patients wear loose comfortable clothing on the day of surgery. Please do not wear makeup, contact lenses or jewelry.

Although we recommend that our patients quit smoking as soon as possible, please do not smoke within 2 weeks before and after surgery. Smoking may cause complications in the healing process.

Regular prescription medications can be taken as usual. If you need to take something the day of surgery, please dry swallow if possible.

### **ASA and Anti-Inflammatory Medications**

The following medications should be stopped 10 days before AND after surgery. They may cause excessive bleeding and bruising before and after surgery:

- Tamoxifen
- Any non steroidal anti-inflammatory like Ibuprofen (Advil), Naproxen and others.
- ASA – (Aspirin)
- Any anti-coagulants or blood thinners, (Warfarin/Coumadin). Please discuss these with Dr. Macadam or the hospital's pre-operative nursing staff when they call you to inform you of your arrival time.
- Herbal medications – Check with your doctor.
- Vitamin E



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Recreational Drugs or Alcohol should not be used 7 days before and after surgery. These may interact with your anesthetic or post operative pain killers and cause serious complications.

Please contact our office immediately if your health condition changes the week before surgery, (flu, severe cold, fever).

You will need to have a responsible adult accompany you to and from the hospital. This person will also need to stay with you 24 hours after surgery. If you do not have someone to pick you up or stay with you, we can make arrangements for you to hire a nursing escort. If you are traveling to Vancouver for your surgery, please make arrangements to stay within the lower mainland overnight after surgery.

### **After Surgery...**

After surgery, you are to go directly home and remain at rest until the following morning. You are allowed up to the bathroom with assistance. Avoid anything that will increase your blood pressure.

In order to minimize bruising and swelling, you should keep cold packs on your eyes for the first 24 hours after surgery. You may also use a very small bag of frozen peas or corn. Try to have a spare cold pack in the fridge or freezer so that you always have one cold to apply.

Apply Polysporin Ophthalmic Ointment to your incisions twice daily, morning and night, until your sutures are removed. This helps to seal the incisions. The ointment may be purchased at most drug stores without prescription.

You may have food and beverages as desired and tolerated the first night following surgery any anytime thereafter. We recommend, however, that you start with sips of clear fluids progressing through soups and juices to a regular diet.

You will be given a prescription for pain killers. Use these carefully because they can cause nausea. Straining, such as lifting, vomiting and coughing, is to be avoided as this may cause bleeding.

Some of the sutures that are used to close your incisions are self dissolving, others will need to be removed. On your first office visit (usually 3 - 5 days after surgery) all of your sutures will be removed and you will be allowed to shower normally.

You may apply make-up as soon as the wounds are healed and the stitches are removed.

Avoid strenuous activity, exercise and raises in your blood pressure and pulse rate for about 3 weeks.



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Avoid direct sun exposure. This may cause your scars to become temporarily red and possibly permanently dark. If you cannot avoid being in the sun, use a sunscreen with an SPF of 15 or greater on your face and scars for the first 3 months after surgery.

#### WHAT YOU CAN EXPECT:

- Moderate discomfort in your eyes which should gradually improve. If pain begins to increase, we need to see you.
- There will be a small amount of drainage of blood from the stitch lines. You may dab the blood with a wet Q-Tip or tissue.
- Moderate swelling will occur and will be maximal at 36 hours after surgery. Swelling is usually gone in 3 weeks, but occasionally can persist longer. Occasionally the eyes are swollen shut the evening of surgery.
- A lot of bruising will occur in the area above and below the eyes. This will be maximal at 2 to 3 days and can persist for 3 weeks. You may apply make-up to camouflage this after the stitches are removed.
- As long as you are using Polysporin, expect to have some blurred vision if the ointment gets in your eyes.
- Your eyes may water for days or weeks post operatively. This should gradually subside.
- After you are discharged from the hospital, there are a few things to watch during your healing process. If you see any of the following, Please call VGH at 604-875-4111 and ask to page the plastic surgeon on call:
  - Leg Swelling
  - Shortness of Breath
  - Redness around your incisions
  - If you experience a sensation of “Dry Eye” we need to see you in the office.
  - Increasing pain around the incisions

If you have any questions during your post-operative course, feel free to contact our office or email Dr. Macadam at [drsamacadam@gmail.com](mailto:drsamacadam@gmail.com) .