



DR JONATHAN
TOOGOOD

PLASTIC & RECONSTRUCTIVE SURGEON
MB.ChB. (Stell) FC Plast Surg (SA) | Practice no: 0230197

BLEPHAROPLASTY (EYELID SURGERY)

PRE & POST-OPERATIVE INSTRUCTIONS

PRE-OPERATIVE INSTRUCTIONS

- Please advise the doctor if you are taking any blood thinning medication (e.g. Warfarin, Disprin, Aspirin, etc.)
- This will need to be discontinued prior to surgery as per your doctor's instructions, usually five days prior to your surgery.
- Uncontrolled high blood pressure raises the risk of bleeding complications in all forms of surgery – please ensure your blood pressure is well controlled prior to your surgical date.
- DO NOT take any of the following medications prior to surgery:
 - Anti-inflammatories (e.g. Brufen, Ibuprofen, Myprodol, Voltaren, etc.)
 - Homeopathic medications (e.g. Arnica, Rescue Remedy, St John's Wort)
 - Vitamin E (oral or topical)
- Any false eyelashes and lash extensions should be removed prior to your surgery.
- Take a bath or shower with the AcuSanX/Bioscrub we provide or any antibacterial soap on the morning of your admission.
- Wash the face thoroughly with AcuSanX or antibacterial soap on the morning of admission to the hospital.
- Hair should be washed the night before, or morning of admission to hospital.
- Do not apply day cream or make-up.
- Regardless of whether you are having a general anaesthetic or conscious sedation – you should not eat or drink anything for 6 hours prior to surgery.
- If you are a smoker – NO SMOKING for 3 months prior to surgery.
- Bring comfortable cotton underwear.

POST-OPERATIVE INSTRUCTIONS

- You will need someone to drive you home after your surgery and help you at home for 1 to 2 days.
- You will need plenty of rest.
- Decreased activity and pain medication may promote constipation, so you may want to add more fruit and fibre to your diet.
- Be sure to increase your fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Spend most of your day and sleeping position, upright, supported by pillows. Do not lie flat as this encourages swelling and please do not sleep on your sides as this puts pressure on the incision sites and stitches.
- Do not drink alcohol when taking pain medications.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

ACTIVITIES

- Start walking as soon as possible – this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until your vision is normal.
- Avoid activities that raise your blood pressure, including bending, lifting and rigorous sports.
- Keep activities to a minimum for 3 to 5 days. Avoid strenuous activities for 2 to 3 weeks.
- You can return to work within 7 to 10 days.

INCISION CARE

- Avoid wetting your face while showering or bathing for the first 5 days.
- You may shower but keep your back to the water.
- Avoid steam baths and saunas for several months.
- Avoid exposing your scars to the sun for at least 12 months.
- Always use sunblock – regardless of the weather – if you plan to go outdoors or not.
- DO NOT USE ANY CREAMS CONTAINING VITAMIN E TO TREAT THE INCISION AREAS FOR THE FIRST 3 MONTHS.
- Keep Steri-Strips on (until the doctor advises they are no longer necessary).
- Keep incisions clean and inspect daily for signs of infection.
- Do not cut any stitches shorter.
- Gently clean your eyes 2 to 3 times a day. Avoid pulling or tugging on the eyelids.
- Use Tears Naturale Eye drops during daytime whenever your eyes feel dry or scratchy.
- Use Dura-Tears ointment before going to sleep to keep your eyes moist.
- Keep your head elevated – sleep with head “propped up”.
- Wait at least 2 weeks before wearing contact lenses.
- You may use cold compresses for comfort and to help decrease the swelling.
- You may follow your usual skincare routine – taking care not to apply any creams containing Vitamin E on the incision areas. Continue using eye gel or creams once the sutures are removed.
- Wear sunglasses as you will have sensitivity to sunlight, wind and other irritants for several weeks.

WHAT TO EXPECT

- Occasionally, the eyes have to be bandaged for the first night.
- Maximum discomfort should occur in the first 48 hours, improving each day thereafter.
- Expect temporary swelling of the eyelids, tightness of the lids, bruising, dryness, burning and itching of the eyes.
- You may have a minor discharge in the corner of your eyes for approximately 1 week.
- For the first few weeks, you may experience excessive tearing, sensitivity to light and double or blurred vision.
- You may have difficulty closing your eyes when you sleep.

APPEARANCE

- Bruising and swelling of your eyelids may last 1 to 2 weeks.
- Healing is a gradual process and your scars may remain slightly pink for 3 months or more.
- Tiny whiteheads may appear after stitches are taken out. These can easily be removed by your surgeon at your follow-up appointment.

FOLLOW-UP CARE

- Sutures will be removed at your post-operative visit (usually 4 to 6 days post-operatively).
- The remainder of the stitches will dissolve in 6 to 8 weeks.
- MASC Laser Clinic might advise an eye serum, if needed.

WHEN TO CALL

- If you have increased swelling or bruising after a few days.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications, such as rash, nausea, headache and vomiting.
- If you have an oral temperature over 38°C.
- If you have any drainage from the incisions or notice an odour.
- If you have bleeding from the incisions that does not stop with light pressure.

EMERGENCY NUMBER: 072 543 5998

Please visit the website for more information.
www.doctortoogood.co.za