

Orlando Plastic Surgery Center, LLC

Instructions Eyelid/Brow Surgery Patients

Be sure to read these instructions carefully before your surgery, and follow them closely.

BEFORE SURGERY

Stop taking the following medications as soon as possible before surgery (preferably two weeks) and do not use them for two weeks after:

Aspirin & ibuprofen products

- Bayer
- Aleve (Naproxyn)
- Excedrin
- Motrin
- Anacin
- Advil
- St. Joseph's

If you are taking a prescription drug which contains aspirin, please ask the prescribing physician if there is a suitable alternative.

Blood thinners such as Coumadin (warfarin)

Anti-Inflammatory drugs such as:

- Celebrex
- Naproxyn
- Voltaren
- Relafen

Supplements:

- Ephedrine
- Melatonin
- Ginseng
- Fish Oil
- Garlic
- Kavakava
- Vitamin C
- Ginger
- Echinacea
- Vitamin E
- St. John's Wort
- Herbal Tea
- Ginkgo Biloba

Please contact our office if you have any questions about your medications.

If you smoke, please stop one month before surgery and refrain from smoking one month after surgery to reduce the risk of complications. Smoking interferes with healing. Surgery cannot be performed unless you stop smoking.

Have all of your prescriptions filled before surgery. Dr. Pope typically prescribes:

Keflex (Ceflexin)	Three times a day for seven days	Antibiotic
Hydrocodone/Acetaminophen	Every four to six hours, as needed	Pain control

In addition, we recommend that you have Colace, an over-the-counter drug used for constipation, available in case it's needed.

Colace should be taken twice a day for seven days, and you may want to begin taking it the day before surgery.

ON THE DAY/EVENING BEFORE SURGERY

Do NOT eat or drink after midnight the day before your surgery (unless otherwise instructed.) This includes water, candy, mints and gum.

Arrange for a responsible adult age 18 or older to pick you up, take you home and remain with you for the first 24 hours.

For your safety, your surgery may be canceled if these arrangements are not made.

Shower the night before and the morning of surgery with antibiotic soap (Dial, for example).

ON THE DAY OF SURGERY

Leave all valuables at home (money, credit cards, jewelry, etc.)

Remove all make-up and nail polish.

Do not use body lotions, perfumes or deodorant.

If you wear dentures, glasses or contact lenses, you may need to remove them before surgery. Please bring the

necessary items to store them.

Wear loose, comfortable clothing and low-heeled shoes.

AFTER SURGERY

Dr. Pope will examine you a week after surgery, but is always available if you have any questions.

Swelling and discoloration vary considerably and subside gradually over 10 days. The hue of the discoloration changes as it subsides. You can minimize swelling by keeping your head elevated. Sleep on two or three pillows for the first several nights. Use cold compresses on the eyes for the first 24 hours after eyelid surgery to minimize swelling. Avoid bending over or lifting anything heavier than 10 pounds, bumping your eyes or face (beware of restless children, pets or bed mates).

Arnica Montana can be taken after surgery and may help with bruising and swelling.

There is usually very little pain involved with this surgery. It seems to be aggravated by nervousness or anxiety. The swelling sometimes causes a bruised or tight feeling. Pain medication sometimes causes drowsiness and prolonged convalescence, so try to taper off its use as soon as you can.

VERY IMPORTANT! Any severe pain or swelling of the eye(s) should be reported immediately to the nurse if you are hospitalized, or to us by phone if you are at home.

Use lubricating eye drops as often as necessary to prevent dry eyes. Dr. Pope recommends Refresh brand Liquigel drops. These drops contain glycerin, which stays on the eye surface longer than traditional eye drops. However, Liquigel drops cannot be used when wearing contact lenses.

If bleeding occurs, go to bed, apply cold compresses and call the office immediately. You will be directed to the hospital or to the office.

Continue, as directed, any medications you were on before the operation, except ASPIRIN (or products that contain aspirin) and other blood thinners, unless this has been discussed before surgery. Polysporin ointment should be applied to your suture lines two to three times daily after cleaning with mild soap and water. Ophthalmic ointment will be prescribed for your eyelid incisions.

Swelling may cause the eyelids not to close during sleep for a few days. If this happens, apply the eye ointment prescribed for you directly into your eyes before sleeping. Your lower lid may also be separated slightly from the eyeball, but is temporary and will clear up as swelling subsides. As they mature, your scars may go through a "lumpy" stage. This will also improve with time. Swelling may cause a temporary blurring of your vision for a few days. Occasionally, small cysts which resemble whiteheads appear along the upper eyelid incisions. These can be treated easily in the office.

Sunshades and eyeglasses can be used the day after surgery.

Contact lenses can be used once swelling has resolved.

Make-up can be used on the cheeks after three days. Make-up can be used on the lids also, but the incisions should not be covered with makeup for 10 days. Avoid rubbing the eyelids or incisions. Don't use mascara, eye shadow for 10 days.

If you live outside Orlando, please make arrangements to stay within a two-hour drive of our office for the first week after surgery. Complications can occur within the first few weeks of your recovery.

Have a light meal the evening of surgery. Resume your normal, balanced diet the next day.

Get more rest than usual. This will help speed your recovery.

You have been provided with an incentive spirometer (IS) device that you should use 10 times an hour while awake. This helps expand your lungs after surgery and prevent pneumonia.

Contact our office immediately if you develop any sudden pain, swelling or fever.

Do not drive for one week after surgery, or while on pain medication.

Activities

Avoid swimming, diving, water skiing, aerobics, and jogging for one month.

Please refrain from all activity during the first week after discharge. During the second week, you may resume walking, and during the fourth week you may resume light activity. After six weeks, you can resume normal activity. Avoid weightlifting for six weeks.

You may return to work after sutures are removed or when make-up can be worn to hide bruising.

Bathing, showering and shampooing are permitted as soon as you feel strong enough. Use mild soap and shampoo. Pat, do not rub, around the eyes and brow.

Do not drive if you are taking any pain medications or muscle relaxants.

What to Expect

Maximum discomfort will occur the first few days. Pain after surgery is usually mild and easily controlled by the prescription medication you were given, and by ice compresses. If these measures are not effective, please call us.

You may feel tired for several weeks or months, but particularly drowsy in the first few days, due to the expected effects of anesthesia. It is not unusual after surgery to feel weak, have palpitations, break out in cold sweats, or get dizzy. This gradually disappears without medication.

Your body temperature may rise to slightly over 100 degrees after surgery because patients sometimes drink less water than usual. If it persists after drinking liberal amounts of fluids, call us. Please do not try to estimate your temperature; you must use a thermometer.

It is common to feel slightly depressed after surgery. Remember that swelling and discoloration are only temporary. It is best to adopt a positive attitude, occupy yourself with the details of postoperative care, and divert your mind by making plans to resume normal living as soon as possible. Drugs may worsen the depression.

DO NOT:

Injure the operated area; be careful of small children, pets and restless bed mates.

Stoop over, strain, or do anything to make the blood rush to your head for 24 hours after being discharged.

Remove the dressing unless instructed to do so. You should remove the dressing (gauze and tape) before taking a shower.

Compare your progress with other patients; everyone heals differently.

Smoke or drink excessively.

Pick at the operated area if it itches; we'll give you a medication for itching if necessary.

Follow-up care

Dr. Pope will examine you the morning after surgery to change your dressing. Your next post-op visit will be five to seven days after surgery.

All sutures are absorbable and do not require removal.

When to call

If you have increased swelling or bruising.

If swelling and redness persist after a few days.

If you have increased redness along the incision.

If you have severe or increased pain not relieved by medication.

If you have any side effects from your medications, such as rash, nausea, headache or vomiting.

If you have an oral temperature over 100.4 degrees.

If you have any yellowish or greenish drainage from the incisions or notice a foul odor.

If you have bleeding from the incision that is difficult to control with light pressure.

If you have any problems or concerns related to your surgery that we haven't discussed or that have not been covered in these instructions, please call or email our office at your convenience. We are always here to help.