

NICHOLAS T. HADDOCK, M.D.

Blepharoplasty

Patient Care Instructions

General Information

Blepharoplasty is an important aspect of facial rejuvenation and entails reversing the effects of aging in the upper and/or lower eyelids. Restoration of the aesthetics of the eye-region of the face is achieved by eliminating excess skin from the eyelid(s), smoothing the underlying eye muscles, tightening the supporting structures, and resecting and/or re-draping the excess fat, in order to produce a smooth transition from the lower eyelid to the cheek. In some cases, blepharoplasty is indicated to resolve sight issues impeding your field of vision. Your decision for this or any facial cosmetic surgery is an individual one and the plan will be discussed during your consultations with Dr. Haddock. This procedure can be combined with other facial rejuvenation procedures.

Things to handle prior to your surgery

Arrange for someone to drive you home from the hospital and stay with you for 2 to 3 days.

Necessary medications will be called into your pharmacy. These should be picked up prior to surgery.

Protein supplementation can be started one to two weeks before surgery and should include over 20 grams of additional protein daily.

Have electrolyte containing fluids such as Gatorade or electrolyte water on hand.

Have stool softeners/laxatives on hand, such as Colace, Biscodyl, Milk of Magnesia. These can be purchased at your local pharmacy.

Review the attached list of medications not to take during the perioperative period. If you have any further questions that were not addressed during your consultation then please call Dr. Haddock's nurse (Molly Mazie) at (214) 645-2353. If you are unsure if you can stop a medication then please call the prescribing provider to confirm if this is medically safe.

For your convenience, we have included a *Suggested Shopping List* in the addendum to these instructions (page 6).

Pre-Operative Guidelines

Smoking should be stopped a minimum of 4 weeks prior to surgery. Smoking should be avoided for at least 4 weeks after surgery as well. Smoking can greatly interfere with healing and lead to postoperative complications.

Do not eat or drink anything after midnight the night before surgery. This includes no water, gum, or hard candy. Blood pressure and/or heart medications can be taken with a sip of water as directed by your prescribing physician.

If you take medication for diabetes then confirm with your prescribing physician how to manage these medications prior to surgery.

If you are prone to nausea or motion sickness let your anesthesiologist know on the day of surgery. Medications can be started prior to surgery or during surgery to help improve your postoperative experience.

Post-Operative Care

Take pain medication as prescribed. Often these medications are necessary for the first two days and then on an as needed basis. Do not drink alcohol with these medications.

For the first week avoid NSAIDS (Motrin, Ibuprofen, Advil, Aleve).

Take a suggested stool softener/laxative until bowels begin to function normally after surgery. A combination of anesthesia and pain medications usually make these necessary for a few days.

Do not smoke or be around smoking as even second hand smoke delays healing and increases the risk of complications.

Get plenty of rest. The general anesthesia and pain medication can all promote insomnia; therefore a sleep aid may be taken if needed. Please call Dr. Haddock's nurse (Molly Mazie) at (214) 645-2353 if you feel this would benefit you.

Follow a well-balanced diet, which includes protein and is limited in salt intake. A high salt diet or meal, can lead to increased swelling and prolonged recovery. It is best to continue the protein supplementation for approximately 3 weeks after surgery.

Oral hydration should include the use of electrolyte containing fluids such as Gatorade or a low calorie substitute. Limit the amount of caffeinated beverages as they can promote dehydration; however Dr. Haddock recommends you maintain your daily average of caffeine to avoid headaches.

Apply ice packs and/or bags of ice (small crushed ice or frozen peas in a zip lock bag is best) to your cheeks and eyes as much as possible during the day for the first 3 to 5 days to reduce the amount of swelling you have after surgery. Swelling will peak in 48 to 72 hours. Swiss Eye Masks are available for purchase in Dr. Haddock's clinic.

Keep your head elevated at least 45 degrees above your heart at all times to decrease swelling for 2 weeks.

Activity Restrictions

Avoid massaging and rubbing your eyes for at least 10 days after surgery to avoid disruption of internal sutures.

Do not lift anything heavier than 10 pounds for 4 weeks.

Do not drive for 7 to 10 days or until your vision is normal and you are no longer taking pain medication.

Massaging or pulling on the eyelids should be avoided for 1 week after surgery. This is especially important the first few days following removal of the stitches.

Do not run, lift weights, play tennis or golf for 6 weeks after surgery. It is important to keep your heart rate under 100 beats per minute for 4 weeks.

Light cardiovascular exercises can be resumed gradually after 4 weeks.

Heavy lifting/stretching (Yoga) can be resumed after 6 weeks.

Incisions and Eye Care

After surgery, you can begin washing your face (but not your eyelids) gently with mild soap and rinse with water. It will not hurt to get water on the stitches or in the eyes. Make sure someone is with you at your first shower.

Swiss Eye Mask – You will be discharged from the hospital with two gel eye masks. Keep it cold and wet and change it every 15 to 20 minutes. Apply the Swiss Eye Mask for the first 3 to 5 days. The cooling effect helps to reduce the amount of swelling you will have after surgery. Also they help to protect your eyes from drying out, as they provide a hydrated environment while your eyes recover.

Refresh PM eye ointment: This is available over the counter and should be applied to each eye as often as you feel the need. 6 to 10 times per day is normal. This is a thicker consistency than the regular Refresh eye drops and should be used routinely for the first 2 to 3 days and then only in the evening for the next 2 weeks.

Refresh Plus Eye Drops: These should be used 8 to 10 times per day as often as needed to keep your eyes moist and comfortable.

Contacts may be worn when the eyes start feeling normal and the majority of the swelling has subsided. This is usually about 2 weeks after surgery. If it is necessary to pull down on your eyelid to insert them, they should not be worn for at least 10 days. Wear glasses until your eyes are comfortable enough for contacts.

Dr. Haddock may prescribe the following:

Ophthalmic Polysporin Ointment – Begin to apply this ointment the day after surgery 3 times per day for 2 days only. Apply just enough on the upper and lower lids to keep crusts from forming on the stitches and to keep the area from feeling tight. Do not exceed application for more than 2 days as irritation may occur.

Tobradex – This eye drop, if prescribed, should be applied to each eye as instructed on the packaging.

Cosmetics can be worn on the face, however, eyelid or eyelash cosmetics should NOT be worn until after the eyelid sutures have been removed and incisions are completely healed.

Skin care should be kept to a minimum for the first week after surgery. This will be directed by our aestheticians.

What to Expect after a Blepharoplasty

It is common to have discomfort and mild burning at the incisions after surgery. This is normal and will improve shortly after surgery.

You can expect some slight bloody oozing from the suture lines and swelling of the incisions. However, you should call the clinic if you have continuous bleeding, significantly more swelling on one side than the other, or any severe pain associated with swelling.

Swelling may cause the lower lid to pull away from the eye and look like fluid is in the white part of your eye. This is not uncommon and will subside as the swelling goes down. If this occurs and the eyes feel irritated then call Dr. Haddock's nurse (Molly Mazie) at (214) 645-2353 for recommendations.

Red discoloration of the incisions may occur if there is significant swelling, especially in the area of the sutures. This will resolve when the stitches are removed and the incisions heal.

Most people are able to return to social activities at approximately 2 to 3 weeks.

When to Call the Office

If you have increased swelling and bruising on one side significantly more than the other.

If you have persistent eye irritation after most of the swelling subsides.

If you have increasing redness or swelling around the incision.

If you have severe pain not relieved by pain medication.

If you have any side effects from the medication: rash, nausea, headache, vomiting.

If you have fever over 101.

If you have yellow or greenish drainage from an incision or notice a foul odor.

If you notice some vaginal burning and itching as a result of the antibiotics used during and after surgery.

Dr. Haddock will be paged/called on his cell phone for any urgent or emergent medical issues.

Follow-up Care and Appointments

Your permanent sutures will be removed approximately 5 days after surgery. You should schedule to see Dr. Haddock or his nurse (Tina Ethridge) to have these sutures removed during this time frame.

You should schedule to see Dr. Haddock in 5 to 14 days after surgery and then at 6 weeks, 4 months, and 1 year.

Call to schedule your appointments at the UT Southwestern Medical Center Plastic Surgery Clinic at (214) 645-2353.

For any surgical scheduling concerns, please call: Lindsay Bolger at (214) 645-3118

For medical questions, please call: Molly Mazie, RN at (214) 645-2353

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Suggested Shopping List

Items to have on hand prior to surgery

Blepharoplasty

- Prescriptions will be called into your local pharmacy as ordered by Dr. Haddock. Typical medications are as follows but these will be tailored to your needs.
 - Tylenol #3 or Tramadol (pain medication)
 - Medrol Dose Pack (steroids)

- Stool softener / laxative (choose one):
 - Docusate (Colace) 100 mg orally twice daily when taking pain medication
 - Milk of Magnesia 30cc/1 Tablespoon twice daily when taking pain medication
 - Prune juice or Sorbitol orally
 - Biscodyl or Magnesium Citrate as needed for constipation

- Ice Packs or Ziploc bags with frozen peas

- Refresh PM Eye Drops

- Refresh PM Eye Ointment

- Gatorade or another low calorie alternative, such as water with electrolytes

- Protein Supplements