



# Capitol Plastic Surgery

Dr. Sal Ashruf

Board Certified Plastic Surgeon

## **BLEPHAROPLASTY INSTRUCTIONS**

(IN ADDITION TO THE GENERAL INSTRUCTIONS)

### PRE-OPERATIVE INSTRUCTIONS

- Do NOT smoke at least 4 weeks prior to surgery.
- Do NOT take ASPIRIN or aspirin-containing products for 2 weeks prior to surgery.
- Please have your prescriptions filled prior to surgery.

### POST-OPERATIVE INSTRUCTIONS

- Swelling and Bruising: It is normal to become swollen and black and blue in the eyes and cheek areas. To help reduce this, the following are helpful:
  - Keep your head elevated above your heart at all times
  - Apply iced gauze pads (Gauze soaked in ice water) to the eyes and cheek areas for the first 48 hours
- Pain: Take your pain medicine as prescribed. Do not take pain medication on an empty stomach, this can increase nausea.
- Eye care: Remove your contacts prior to surgery and do not wear them until instructed by your doctor (usually one week). Keep eyes lubricated for the first several days after surgery. Use the prescribed ointment and drops as directed. The ointment may fog your vision; therefore it is most convenient to use this at bedtime.
- Activity: Rest for the first 24-48 hours. Avoid strenuous or heavy lifting for 4-6 weeks. Walking and gentle exercise is permitted.
- Bathing: You may shower and wash face and hair with mild soap/shampoo and water the day after surgery.
- Sutures: Upper and lower lid sutures are removed in 5 to 7 days.
- Make-Up: Cover-up and make-up may be used 48 hours after surgery.
- Hair Care: Hair may be professionally washed, dried, and/or colored three weeks after surgery.
- Driving: Please do not drive until instructed by your physician; usually one week after surgery.

### **NOTIFY THE OFFICE IF YOU EXPERIENCE ANY OF THE FOLLOWING:**

- **If you develop a temperature above 101.5° F.**
- **If you have bleeding or excessive swelling.**
- **If you develop redness (like a sunburn) on your face or eyes.**

**PLEASE CALL THE OFFICE (410) 590-4313 IF YOU HAVE ANY QUESTIONS OR PROBLEMS.**