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Blepharoplasty Worksheet

PRE-OPERATIVE INSTRUCTIONS FOR BLEPHAROPLASTY (EYELID SURGERY)

1. Stop all the blood thinners, Vitamin C, E, Gingko, Omega 3 EFA or any herbal supplements 1-2 weeks before surgery
2. Heat pack and Wash eyelids 1-2 times daily with baby shampoo and hot water prior to the surgery and stop 2-3 days before surgery
3. Please use Arnica Montana herbal healing supplement 2 days prior to surgery
4. Please do not drink alcoholic beverage 1-2 days before, it causes increase bleeding
5. **DO NOT EAT or DRINK** anything 8 Hours prior to your surgery start time.

POST-OPERATIVE INSTRUCTIONS FOR BLEPHAROPLASTY (EYELID SURGERY)

1. Ice pack over the eyes for **first 48 hours**. Use warm compress over eyes **after** 1 week. Please do not rub your lids for 2-3 weeks.
2. Apply antibiotic ointment over stitches. There is no need for gauze or band aids.
3. Sleep with head elevated on a high pillow to prevent swelling.
4. Place shields over the eye for 2 weeks after surgery.
6. Do not put head down, to prevent bleeding, for 48 hours.
7. Take pain medication Tylenol every 4-6 hours as needed if you have liver problem please minimize it.
8. May work or drive as tolerated as soon as you feel well enough the day after surgery.
9. If you have contact lenses, wait 1 week to use them.
10. Use tinted or sun glasses when you go out in public.
11. Call doctor if you experience excessive swelling, pain, bleeding or difficulty seeing.
12. Restart Vit C and your other herbal and Vitamin supplements 3 days after surgery.
13. Please eat more of Papaya and Pineapple after surgery to help with collagen healing.
14. Continue Arnica Montana herbal pills for 1-2 weeks after surgery.
15. You will be bruised and swollen after surgery for 1-3 weeks.
16. No water or shower over the eyes for more than 72 hours, please use wash cloth to wash your face and hair. Avoid direct water over the lids for 1 week.

Kindly remove all your jewelry, leave them at home or give to your family to take back.
The hospital or the clinic will not responsible for any lost of it.