

GENERAL INSTRUCTIONS: BEFORE EYELID SURGERY

Preparing for your surgery:

1. Blood thinners: please remember to stop using any medications or herb supplements that thin the blood and makes bleeding more likely during the surgery. Please **STOP**:
 - For 10 days prior to surgery: aspirin, aspirin-containing products, Ibuprofen (Motrin, Advil), or Vitamin E.
 - For 5 days prior to surgery: Coumadin (warfarin), Plavix, or prescription blood thinners.
2. Avoid smoking and second-hand smoke for 2 weeks before and after surgery. Smoking could increase your risk of complications, such as infection and prolonged swelling.
3. You may be required to return for a preoperative evaluation where you will receive necessary paperwork outlining the details of the day of the surgery, have more photographs/vision tests, and sign consent forms. If medically necessary, you will also undergo a preoperative physical with your primary physician preceding surgery.
4. The preoperative nurse from the surgery center will call you one working day prior to your surgery date for final confirmation of your scheduled surgery time, when to arrive at the surgery center (usually 1 hour in advance of surgery), review your health history and give general advice.

The morning of your surgery

1. It is essential that **NO solid food** be taken **EIGHT hours** prior to surgery!
2. You may take your regular medications with a sip of water on the morning of surgery.
3. If you take medications for high blood pressure, please be sure to take those pills on the morning of surgery.
4. If you have diabetes, do not take your diabetic medications on the morning of surgery or as instructed by the preoperative nurse.
5. Wear comfortable, loose fitting clothes. Avoid eye makeup, artificial lashes and jewelry.
6. Please wear your prescription glasses as the use of contact lenses will be discontinued until 10 days after surgery.

POSTOPERATIVE INSTRUCTIONS: AFTER EYELID SURGERY

What to expect after surgery

1. Upon the completion of the operation, your eyelids will not be patched or taped closed. Slight bleeding from the incisions is normal in the first 24 hours after surgery.
2. Bruising and swelling generally get worse 2-3 days following surgery and gradually improve thereafter. In most patients, the bruising subsides within 1-2 weeks and swelling within 3-4 weeks after surgery. However, there can be slight residual swelling for months. Itching is commonly experienced in a healing wound.
3. To minimize the bruising and swelling:
 - **Apply cold/ice compresses 15 minutes each waking hour for 3-5 days.**
 - Keep upright as much as possible and sleep with your head elevated.
 - Avoid any strenuous activity or exercise during the first 10-14 days.
4. **Apply the prescribed antibiotic ointment to the incisions twice daily** or as instructed. The ointment can also be applied in the eye for discomfort. Additionally, oral antibiotic medication (if prescribed) can be started.
5. You can resume your regular medications with the exception of blood thinning products. Prescription blood thinning medications may be resumed 2 days following surgery.
6. Discomfort is usually most pronounced on the evening of the surgery date. Extra-strength Tylenol is usually sufficient for pain control. Aspirin, Aleve, Ibuprofen... should be avoided for 2 days to minimize the risk of re-bleeding.
7. It is not unusual to experience a sandy or gritty sensation in the eyes following surgery due to increased dryness/inflammation. This generally improves with the use of the ointment prescribed following surgery. Additional relief may be obtained with the use of artificial tears which are available over the counter.
8. Blurriness of vision is common following surgery, especially with the application of the ointment.
9. You may shower the day after surgery unless otherwise instructed.
10. **Excessive bleeding, hemorrhage, or sudden vision loss** at any time after surgery **requires immediate medical attention.** Dr. Ho can be reached on his personal cell phone at **(925) 408-5949** after hours.