

Blepharoplasty Pre /Post Treatment Instructions

Removal of skin and sculpting of fat from the eyelids

Skin Fitness

For best results, follow Dr. Cockerham's recommended Skin Regimen (separate handout) to make the skin that will remain after your surgery younger and more elastic.

Medications

- In advance of your procedure, Dr. Cockerham will provide you with prescriptions for an oral and topical antibiotic. If you are under-going surgery without IV sedation, Valium® and Vicodin® will be prescribed. Bring all medications with you on the day of surgery.
- Avoid taking aspirin, anti-inflammatory drugs and herbal supplements as they can increase bleeding.

Pre-Treatment Shopping List

Purchase the following items in advance of your procedure:

- Sinnech – to minimize swelling and bruising; start taking this one day before surgery.
- Two eyelid masks to facilitate ice application the day of surgery and post-op day one (alternatively - frozen peas or corn can be placed in a plastic zip-lock bag)

Preparations

Downtime: If you work outside your home, plan to take off from work for approximately seven days. Post-operative healing is variable; bruising will rarely last 10 days post-op. Some puffiness will remain for two to four weeks.

Two weeks prior to surgery:

- Stop aspirin and aspirin-containing products
- Stop all anti-inflammatory medications such as Motrin® – only Tylenol® is acceptable
- Stop all supplements including flax seed, fish oil and vitamins

Day before surgery:

- Wash your sheets, pillow cases and towels

Transportation:

Arrange to have someone drive you to and from the surgery, which should take at least two hours from arrival.

The Blepharoplasty Procedure

Day of Procedure: Arrive at Dr. Cockerham's office (or the ambulatory surgery center) with a make-up free face and comfortable clothing. You need to arrive at the surgery center one hour in advance of your surgical time. The operation should take approximately one hour to an hour and fifteen minutes.

Procedure Prep:

- Photographs of your eyelids and face will be taken.
- The consent forms that you were given in your pre-op packet will now be signed. Please ask any questions and voice any concerns you may have.
- Alcaine, a topical ophthalmic anesthesia, and plastic protectors will be placed in your eyes.
- Your eyelid crease and the area of intended skin to be removed will be drawn using surgical markers.
- The eye area will be injected with a combination of lidocaine and Marcaine® with epinephrine.
- Your face will be cleansed with Betadine® solution.

Upper Eyelid Blepharoplasty

Excess skin is excised, and the redundant fat is sculpted and/or removed. The incision lines for eyelid surgery are designed for scars to be well concealed within the natural structures of the eyelid region. Following this, the sutures are placed and remain in place until removal. Steri-Strips™ are placed over the sutures to help secure the tissue between the sutures. You will place the antibiotic ointment over the steristrips twice daily.

Lower Eyelid Blepharoplasty

During this operation, an incision is made just below the eyelashes and the excess fat is sculpted, redraped and/or removed. The excess skin and muscle is excised and then redraped. Crow's feet can be touched up with the laser or a chemical peel four to six weeks after the operation. If laugh lines are significant, the lines should be suppressed with BOTOX injections at least two weeks prior to surgery.

Post-Procedure:

You will receive a post-op bag that contains large sunglasses, artificial tears, saline wash, sterile saline eyewash, sterile cotton-tipped applicators, gauze, tape, an eye shield and a topical steroid.

- You can wear the eyeglasses home and during the first week to cover your post-operative changes.
- Eye drops (artificial tears) are rarely necessary unless you have pre-existing dry eyes. The saline eyewash is helpful to wash your eyes on the first morning after surgery.
- The sterile cotton tipped applicators are useful to spread the antibiotic ointment. If you have a small amount of oozing, the gauze and tape are useful to apply to the site that is bothering you.
- The Pred Forte drops are for use after the sutures are removed to help promote complete resolution of the visible incision. The drops should not be used before suture removal.

Immediately after surgery:

You will feel stinging that will be relieved with ice and oral Tylenol. Vicodin can be called in for you for the first night after surgery, but it's usually not necessary. It's best to apply ice bags directly to your eyelids.

Avoid the following:

- Rubbing your eyelids. It is important that the surgical incisions are not subjected to excessive force, abrasion or motion during the time of healing.
- Any activities that may increase blood flow to your eyelids, such as bending head down to pick up something heavy, aerobic activities or sexual relations
- Make up for at least one week after surgery, as it can enter the healing incision and cause lumps, bumps, persistent redness and swelling
- Refrain from exposing yourself to dust or particles that may contain bacteria e.g. cleaning closets, garages, gardening etc.

Follow up Visit:

Dr. Cockerham will want to see you on the following dates:

- The day after the procedure to check on your progress, cleanse the treated area, take photographs and perform a vision check
- Post-op Day Six for suture removal
- Post-op Week Four and Month Three for a final check

Starting the day after sutures are removed:

- Mederma with sunscreen each morning
- Colorsience micronized zinc sunscreen when driving or out in sun
- Possibly: topical steroid for those who form prominent or pigmented scars.

If you have any questions or concerns, please call Dr. Cockerham's office if during business hours, or call/text Dr. Cockerham directly on her cell phone. Numbers below.