

## WHAT TO EXPECT FOLLOWING BLEPHAROPLASTY

### Before Your Surgery

- 1 week before your surgery, please stop taking the following medications:
  - NSAIDs such as Ibuprofen, Motrin, Aleve, Naproxen, etc as these can increase your risk of bleeding during and after surgery.
  - Aspirin and any Aspirin containing medications
  - Cold medications that contain Aspirin or NSAIDs
  - Multivitamins and any over the counter supplements
- Please notify your surgeon's office if you currently take any blood thinning medications such as Warfarin, Plavix, Lovenox, or Fragmin.
- Please call your surgeon's office if you have any questions regarding medications that you should/should not take before surgery.
- Please do not eat or drink anything after midnight the night before your surgery. You may take any necessary medications the morning of surgery with a small sip of water.

### Hospital Stay

- If you remain in the hospital: following surgery you will be discharged the following morning.
- After surgery you will likely have swelling around your eyes and will be instructed on applying cold compresses and ointment to your eyes.
- Before you are discharged from the hospital your pain will be adequately controlled with oral pain medication.

### Activity following surgery

- No heavy lifting (greater than 10 pounds) or bending over for 6 – 8 wks; this may increase pressure in your head and discomfort.
- Please keep your head elevated on 2-3 pillow while in bed to help reduce swelling around your eyes.
- You may not drive for until you are no longer taking pain medication and have been cleared to do so.

### Pain

- You were likely prescribed pain medications. Take them as needed for pain. As your pain decreases you will be able to: decrease the use of the narcotic pain medication and control pain with Tylenol only.
- Please avoid taking NSAIDs such as Ibuprofen, Motrin, Aleve, etc for a minimum of two weeks after surgery. These medications can increase your risk of bleeding.
- If you were prescribed a narcotic pain medication, it can cause constipation. In order to avoid constipation, increase your fluid intake you may also need to take a stool softener such as Colace or any of the other over the counter stool softeners.
- Do not drive or drink alcohol while taking pain medication as it can make

you drowsy and impair your judgment.

Call your Dr. Cooper's office:

- You have a fever greater than 101°F, chills, nausea, vomiting, shortness of breath, leg pain, increased incisional pain not relieved with pain medication; if you notice signs of wound infection (redness/tenderness): at or purulent discharge from your incision); or if you have other concerns.
- Please call 911 or go to the closest Emergency Department for any life threatening emergencies.

BLEPHAROPLASTY

