

PREOP INSTRUCTIONS
BLEPHAROPLASTY

Please read pre & post op instructions prior to surgery, so that you are prepared for your procedure. You may call our office if you have any questions.

Arrive at _____ On _____. Please call 406-728-3811 the day before your surgery to confirm your arrival. If you are unable to keep your scheduled surgery, please call our office 2 weeks in advance if you need to cancel.

Plan on minimal activity for the 1st 7 days following surgery and GRADUALLY increasing your activity. No housework, vacuuming, lifting (ie.children, weights), working out, etc. Then slowly start working back in to your normal routine.

You will need to have a responsible adult drive you home and be with you for 24 hours after your surgery. They should be available to speak with the nurse to receive post op instructions.

If you are having your surgery done in the office, you may have a light breakfast such as toast and water. If having your surgery at the surgery center, then nothing to eat or drink after midnight the night before surgery. Avoid all alcoholic beverages for 24 hours before surgery.

Remember to remove all makeup (lipstick, mascara, and/or eyeshadow) some of the ingredients may be hazardous in the operating room.

Wear comfortable loose fitting clothing: a button down shirt, easy slip-on pants, and flat shoes are recommended. Bring sunglasses that cover your eyes.

Report any cold sores, or infections prior to surgery.

Do not wear anything made of metal such as a watch, rings, earrings, necklace, or any body piercings.

Do not wear contact lenses. Bring your glasses with you to sign the necessary paperwork.

Do not take aspirin, ibuprofen, and vit E products for 2 weeks prior to and after surgery. You may take Tylenol if experiencing pain.

Start taking VitaMedica Healing Supplements (supplied to you through our office) 3 days prior to surgery. Read the contraindications on the vitamin box. If you have any of the listed contraindications, do not take and call our office and ask to speak to the nurse.

Check with Dr. Hardy or the nurse regarding the medications you should take the morning of surgery. A general rule is that heart and blood pressure medications should be taken with a small sip of water.

Dr. Hardy will write or call in your prescriptions to your pharmacy in accordance to the procedure you are having done. Pick up these medications prior to your procedure and bring them with you to your appointment. **DO NOT TAKE THE MEDICATIONS PRIOR TO YOUR APPOINTMENT.** Dr. Hardy will give them to you with a sip of water before your procedure.

Make sure that all your financial obligations have been met with the office 2 weeks before surgery. If not, you run the chance of having your surgery cancelled or postponed.

Please do not schedule any commitments, trips, exercising, etc. for 4 weeks after surgery.

Supplies to have prepared prior to coming home from surgery:

- *Ice cubes
- *4x4 gauze
- *Q-tips
- *Pillows
- *Thermometer
- *Over-the-counter gentle laxative and stool softener
- *Natural Tears and Lacrilube (or something similar)

POST OP INSTRUCTIONS BLEPHAROPLASTY

Office Hours:

Weekdays: 9am-5pm: for any abnormalities or emergencies call 406-728-3811.
After hours & weekends: call the office (406-728-3811) and ask to have Dr. Hardy paged.

Call the office immediately if you have:

- *A temp of 101 or greater
- *Redness that's beginning to spread away from the incision site
- *Any unusually painful swelling
- *Any active bleeding saturating more than a 4x4 gauze
- *Any purulent (pus) drainage coming from the incision site
- *Pain that is not relieved by your pain medication
- *Any visual disturbances or sharp pains in the back of your eye
- *Any bulging of your eyeball or tissue around your eye

ACTIVITY:

-Keep your head elevated on 2-3 pillows or in a recliner at a 45 degree angle for the first 2 weeks. Apply cold compresses (gauze 4x4's soaked in ice water and wring out) to your eyes for 20 minutes every 2 hours for the first 48 hours. This is to minimize your swelling and bruising.

-Avoid any strenuous activities or heavy lifting for 4 weeks. Avoid bending down and picking up heavy objects. Do not engage in any sexual activity for at least 2 weeks after surgery.

-Do not bump, stretch, or rub your eyes for the first 4 weeks. You may wash your face lightly 24 hours after surgery using a gentle cleanser and water. Pat dry. You may shower 48 hours after surgery. Pat dry. Do not let the spray of water hit you directly in the face. Avoid excessive heat (ie. Hot tubs, saunas, etc.) for 2 weeks.

-Do not wear contact lenses for 4 weeks after surgery. Eyeglasses may be worn as needed.

-Do not operate a motor vehicle:

- *Until you can see clearly
- *Within 24 hours of taking prescribed pain medication

DRESSINGS:

-Do not remove your steri strips. They will be removed along with your blue sutures in 5-7 days at your post op appointment. If they fall off, please call our office. Leave the blue sutures in place. Do Not clip or pull the sutures out!!!!!!!

MEDICATION:

-Take your prescribed medications as ordered. Take your antibiotics until they are all gone.

-Do not take aspirin, ibuprofen, and vit E products for 2 weeks after your surgery. You may take Tylenol if you don't want to take the prescribed pain medication.

-Pain medication, anesthesia, and a lack of exercise can cause you to have constipation. You may take an over-the-counter laxative and stool softener if you are having problems.

-You **may** need to use natural tears during the day and lacrilube at night to prevent dryness of your eyes. Your lids may not close completely at first, but as the swelling goes down, your eyelids will relax and you will have better closure. Do not pull on eyelids when applying drops and lacrilube, you may need someone to help you.

DIET:

-Avoid hard or chewy foods. Avoid any excessive facial movements, chewing, talking, or yawning for the first 7 days.

OTHER:

-Do not use makeup for the first 7 days, after that you may wear it but avoid applying it on the incision line for 4 weeks.

-Avoid direct sunlight to your incision. Wear sunglasses with UVA,UVB protection.