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INSTRUCTIONS FOR PATIENTS UNDERGOING BLEPHAROPLASTY

BEFORE SURGERY:

- Please read the general surgical instruction sheet given to you.
- If you have any problems or concerns about your eyes or vision, please let me know. I am especially interested in any symptoms of dry eyes, excessive tearing, double vision, thyroid disease, diabetes, glaucoma, injury to the eyes or any past surgery on the eyes.
- Please take a closer look at your eyes in the mirror. Most people have some asymmetry in the position of the eyebrows and at times the eyelids. These can be corrected to some extent but will not be identical in position and shape after surgery. Also, the eyelid skin can be lighter closer to the lash line but darker in the area away from the lashes. If you have this, it will not change after surgery.
- Blepharoplasty is a rewarding procedure and improves the aesthetic appearance of the whole face. In particular it makes a person appear younger. However, it carries risks including bleeding, infection, changes in vision such as double vision, blindness, dry eyes, droopy eyelid, insufficient skin removal or excess removal leading to incomplete eye closure, hollow appearance of the eyes because of excessive fat removal, prolonged swelling of the eyes or asymmetry of the eyes. The most devastating complication is loss of vision. The chance of this

complication happening is approximately 0.04%. It usually happens because of bleeding in the eye after surgery. In most cases if the problem is identified early enough, treatment can reverse the loss of vision. The best way to prevent this complication is to avoid any Alcohol, Aspirin, Motrin, Ibuprofen, Advil, Excedrin, Vitamin-E, Multivitamins (they contain Vitamin-E), Gingko Beloba, fish oil or other herbs, Garlique, or any other blood thinners before surgery. For headaches or pain Tylenol is safe to take. It is crucial to avoid any physical exertion for two weeks after surgery. Blowing your nose, sneezing, coughing, straining in the bathroom, lifting weights, bending over can increase the chances of bleeding. If you need medication for constipation, cough or allergies causing sneezing, please let me know.

- Bring dark sunglasses with you to the hospital or the office.
- Buy or loan some books on audio cassettes from the library to listen to after your surgery for the first night.
- You will need to arrange for an adult to provide a ride to take you home from after surgery and preferably spend the night with you after surgery.
- Please BRING ALL PRESCRIPTIONS given to you by Dr. Janjua to the office on the day of your procedure.
- Start taking arnica one week prior to surgery and continue taking two weeks after surgery.

AFTER SURGERY:

- Applying icepacks to the eyes for the first two days after your surgery is important. Frozen peas in zip lock bags work well. Apply for 2 minutes on and 2 minutes off. When you go to sleep DO NOT apply ice.
- Do not wear contacts for three days after surgery.
- Do not exercise or attempt to do housework. Do not bend over, push, or lift anything heavy.
- Sleep with your head elevated on two pillows.

- Do not strain your eyes by watching TV or reading a book for at least two days.
You can listen to music.
- Clean the incisions 3 times a day using Hydrogen Peroxide and Q-tips. Then, apply Vaseline or Aquaphor to the incisions. Do not let the incisions become dry. Lastly, put two drops of Tobradex eye drops in each eye.
- Systane eye drops (over the counter) can be used to help with the itching.
- Do not wash your eyes with water for 2 days. Clean the rest of your face with a washcloth.
- You will return to the office in about five days for removal of the stitches.
- Do not drink alcohol for two weeks.
- For pain take Tylenol or the prescription pain medication given to you.
- DO NOT TAKE ASPIRIN, MOTRIN OR SIMILAR PAIN MEDICATION AS THEY CAN MAKE YOU BLEED.
- AVOID FISH OIL AND VITAMIN-E CAPSULES AS IT CAN CAUSE EXCESSIVE BRUISING
- IF AT ANY TIME YOUR VISION CHANGES, THE EYE BECOMES SWOLLEN OR RED, OR YOU HAVE INCREASING PAIN, PLEASE CALL ME IMMEDIATELY.

Please note my cell phone for emergencies: (908) 268-9350

YOUR NOTES AND QUESTIONS:
