

SOUTHWEST BREAST & AESTHETICS

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Upper/Lower Blepharoplasty Pre-Op and Post-Op Instructions

Please read these instructions before and after your surgery. Carefully following these guidelines will help you obtain the best possible result. **If you have questions, do not hesitate to contact our office.**

PREPARING FOR EYELID SURGERY

- Avoid Aspirin, Ibuprofen (Advil, Motrin), Naproxen (Aleve), and other non-steroidal anti-inflammatory medications), Vitamin E, herbal supplements or any medications containing these compounds for at least 1 week prior to surgery. Acetaminophen (Tylenol or generic equivalent) and daily multivitamin are fine.
- Avoid sun damage before surgery. We recommend wearing a SPF 30 or higher sunscreen every day.
- Do not eat or drink anything, including water, after midnight the night before your surgery.
- Arrange for someone to take you home from the surgery center. You will not be allowed to drive or leave alone. Arrange for someone to stay with you for the first 24 hours after surgery.

DAY OF SURGERY

- Do not eat or drink anything, including water, the morning of surgery. Essential meds may be taken with a sip of water.
- Wear loose-fitting clothes that fasten in front or back. Avoid slipover clothing.
- Leave all valuables at home; do not wear jewelry.
- Do not wear any facial or eye make-up.
- You may wear glasses but do not wear contact lenses.

POST-OPERATIVE CARE

- Iced pads should be applied to the eyes and cheek for the first 48 hours to minimize swelling and discoloration.
- Keep your head elevated to minimize swelling. A recliner works well or adding an extra pillow on your bed is adequate.
- You may shower the day after surgery and are allowed to wash your face and hair.
- External eyelid incisions may be gently cleaned with a Q-tip and half-strength hydrogen peroxide (dilute with water).
- You may wear contact lenses two to three weeks after surgery.

- Avoid extreme physical activity including athletic activities and intercourse. You may resume light walking three days after surgery. Aerobic exercise, weight training, heavy lifting, and straining may be gradually resumed three weeks after surgery.
- Absolutely avoid sun exposure, sun lamps, or tanning beds for six weeks after surgery. Heat may cause your face to swell. We recommend wearing at least SPF 30 sunscreen or higher every day.
- Don't be concerned if the eyes show some swelling – this usually resolves within 2 weeks. In certain patients, it may require six months for all swelling to completely subside.
- Take only medications prescribed by your doctor.
- Makeup may be used 7-10 days after surgery.
- If you are concerned about anything please call our office at 480-576-4310