



## **Carmel Valley Facial Plastic Surgery**

### **PRE and POST BLEPHAROPLASTY INSTRUCTIONS**

**Dr. Amir M. Karam**

#### **Shopping List:**

- Technicare antibacterial solution
- Lacrilube ointment (OTC)
- Artificial Tears (not Visine) (OTC)
- 4x4 gauze dressing sponges (6 packages) – in the First Aide Section
- **SINECCH**

#### **PREPARING FOR YOUR SURGERY**

- Two weeks before and one week after surgery: Do not take ibuprofen products (Advil, Motrin, Aleve etc.) Do not take Aspirin products. Tylenol may be used at anytime.
- Do not smoke two weeks before surgery and two weeks after surgery. Even one puff can cause constriction of the blood vessels and irreversibly effect the healing process.
- Make arrangements for someone to pick you up after surgery and stay with you the first night. Plan to stay home and rest for three to five days.

#### **THE NIGHT BEFORE SURGERY**

- Wash your face with Technicare solution.
- Start your first dose of Sinecch in the evening & continue per pkg directions

#### **THE MORNING OF SURGERY**

- Wash face with Technicare solution.
- Take your usual medicines with a sip of water (your pre-op RN will go over this)
- Make sure you have removed all eye makeup.
- Do not wear make-up or moisturizer on your face. Bring large sunglasses and a broad-brimmed hat to the OR.
- Wear loose, comfortable clothing that opens in the front.
- Do not wear contact lenses.
- Do not wear jewelry.
- Leave all valuables at home.
- Make arrangements for a responsible adult to pick you up from the Surgery Center and stay with you throughout the night. We will give them simple instructions for your care. This is absolutely necessary.

**AFTER SURGERY**

Before going home you will be given an appointment for your next visit. Your vision may be blurry for a day or two following surgery because of the medicated ointment we use to protect your eye during surgery.

- When you get home pour chilled bottled water in a bowl & dip 4 by 4-inch gauze in the water. Place the gauze over the lids (keeping the eyes closed). Do this for 15 minutes three times a daily, for two days. It is important that you place ice packs over the eyes after surgery. You may use frozen pea-packs in a clean baggie or a baggie filled with crushed ice. Place them over your closed eyes but always use a gauze sponge on your skin for protection under the baggie. Never put the frozen pea packs or bags of crushed ice directly on the skin.
- Put two drops of artificial tears (not Visine) in both eyes four times a day for the first two weeks following surgery. Use Lacrilube at night to lubricate the eyes while you sleep.
- On the day of surgery you may get up to eat meals, watch TV, or go to bathroom. You may not drive the day of surgery. Do not drink alcohol for one week. A high protein, low carbohydrate diet is best for several days. Avoid salty food and carbohydrates.
- Rest with head and shoulders elevated on two pillows for two or three days.
- Take two Extra Strength Tylenol every six hours as needed for discomfort, or Vicodin as prescribed. Do not take together without consulting with Dr. Karam.
- You may shower and shampoo the day after surgery if your doctor gives permission.
- You may resume driving after two or three days, if your vision is clear and you feel comfortable and alert. You may not drive if you are taking any other pain medication other than Tylenol.
- Do not use contact lenses for 7 – 10 days after surgery. Glasses may be used anytime.
- Non-strenuous activity is allowed two days after surgery. Tennis, swimming, jogging, golf, and regular exercise routine are not permitted for four weeks.

Carmel Valley Facial Plastic Surgery: 858-259-3223

Dr. Amir Karam’s Cell: 858-353-9885

Patient \_\_\_\_\_ Date \_\_\_\_\_

Witness \_\_\_\_\_ Date \_\_\_\_\_

PATIENT SURVEY GIVEN-----