



Carmel Valley Facial Plastic Surgery

Amir Karam, M.D.

Blepharoplasty/ Lower Lid Skin Pinch Instructions

Shopping List:

What we provide

- Antibacterial wash
- Lubri-Fresh eye ointment (OTC)
- Artificial Tears (not Visine) (OTC)
- 4x4 gauze dressing sponges

Patient to Purchase at the store

- Hydrogen peroxide
- Q- tips

Optional items you can purchase here or the store

- Arnica and Recommended supplements

To pick up from the pharmacy

- Antibiotics, Pain Medication, and Ativan

PREPARING FOR YOUR SURGERY

- ****Two weeks before and one week after surgery:** Do not take ibuprofen or Aspirin products, which include but are not limited to (Advil, Motrin, Aleve, Aspirin, Excedrin, Midol, etc.) 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.
****Do not drink alcoholic beverages for two weeks before and two weeks after surgery. ****
- ****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 DAY BEFORE SURGERY

- Wash your face with antibacterial wash, Hibiclens- it can possibly sting the skin and eyes so use caution around the eyes!!
- Start Antibiotics, take as directed.
- Start your first dose of Arnica in the evening & continue per package directions

THE MORNING OF SURGERY

- **Take 1 Ativan one (1) hour before your arrival time. We will give you one more Ativan after your arrival.**
- Wash face again with the antibacterial wash, Hibiclens.
- 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 and comfortable shoes.
- 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.

During the first 24 hours it is common to have a burning sensation, to help reduce swelling and reduce burning please follow the directions below.

- 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 20 minutes everyday, 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.

The incisions may become “itchy” after the burning sensation subsides, follow the directions below to help with this sensation.

- Forty-eight (48) hours after your surgery start cleaning the incisions. Using a Q-tip and hydrogen peroxide or water gently clean away any dried blood. Be careful not to get the hydrogen peroxide in the eye.
- Keep the incisions moist. Using the Lubri-Fresh ointment, keep a thin layer of ointment over the incisions the entire first week after surgery. This will provide for a good healing environment and will help subside any “itchy” sensation.

It is common to have dry eyes during the first week after the surgery, follow the instructions below to help with dry eyes.

- Put two drops of artificial tears (not Visine) in both eyes four times a day for the first two weeks following surgery. Use Lubri-Fresh ointment directly into the eye at night to lubricate the eyes while you sleep.

Other instructions:

- 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. 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 the first week after the surgery.****
- ****Take two Extra Strength Tylenol every six hours as needed for discomfort, or other pain medication as prescribed. Do not take together without consulting with Dr. Karam.****
- You must sleep elevated with 2-3 pillows behind you and must stay on your back for the first week. In doing this it is helpful to place a pillow under each arm to ensure you stay on your back throughout the night.
- 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-----

Last revised 6/2012