

Post-Operative Information on Lower Lids:

1. Wound healing is slower for the lower lids than the upper lids.
2. Usually a canthopexy is performed with lower eyelid surgery. A canthopexy is a suture from the tarsus (firm portion) of the lower lid to the outer orbital rim. This suture holds the lower lid up while the swelling goes down.
3. Always massage the lower lid up. Use tobradex outside the eye on the lid skin incision. You may use visine on the inside to soothe the eyeball.
4. Lower eyelid sutures are dissolvable and will not be removed.
5. Swelling, bruising and pulling will last 4-6 weeks on the lower eyelids.

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Blepharoplasty

Upper Eyelid Preoperative Instructions

1. Do not sunburn or over expose to sun 2 weeks prior to surgery.
2. No aspirin or aspirin containing drugs. Tylenol may be used in substitute.
3. Avoid alcohol at least 24 hours prior to the surgery.
4. Please notify us if you are taking a blood thinner or Vitamin E above 400 units a day.
5. Notify the doctor if you or any family members have had any blood coagulation problems.
6. Call the office to report any illness or cold symptoms within one week of surgery.
7. Quit smoking.
8. Wash hair the night before surgery.
9. No food or liquid after midnight the night before surgery. These precautions are necessary for anesthesia.
10. Advise the doctor of any significant medical problems that affect your health e.g. high blood pressure, angina heart failure or arrhythmia, diabetes, etc.
11. Make arrangements for transportation from the hospital after surgery.
12. Dress comfortably. Wear a button down shirt jogging outfit, etc. no pullovers It will be difficult to put on or take off over facial dressings.
13. Wash face the evening prior to surgery. Do not apply makeup or wear any jewelry on the day of your surgery. Do not apply creams or cosmetics.
14. Remove nail polish. For acrylic nails, remove acrylic on the right index finger.
15. Besides your prescription for ophthalmic ointment, we will ask you to obtain Liquid Tears for your post-op treatment.
16. Prepare a saline soak mixture to be used after surgery. Recipe: Boil one quart of water with 1/2 teaspoon of salt for ten minutes. Pour fluid into a Tupperware-like container with a lid and refrigerate overnight.
17. **"ARNICA"** may used to decrease bruising and may be obtained by calling 724-942-5800 or by visiting Sunny Bridge Natural Foods in McMurray. Use the Arnica by taking 4 tablets 4 times a day for 1 week, starting 1 day prior to surgery.

Upper Eyelid Postoperative Instructions

1. Leave eye patches in place for four to six hours.
2. After four to six hours, remove eye patches. You will see tapes holding sutures in place-do not disturb these. Begin the cold salt water soaks and continue almost continuously (45 minutes of each hour for 48 hours). You may want to place the soak container in a large bowl of ice to keep chilled. You will need non-sterile 4x4 gauze pads for your eye soaks.
3. Instill two drops of Visine twice a day into both eyes for 5 days, or until sutures are removed.
4. Patch both eyes at bedtime for 2-3 days by applying a wet gauze, then a dry gauze, supported by a Kling wrap or tape.
5. Report to the office: Any excessive pain, any rise in temperature over 100 degrees; chills, excessive bleeding, infection around the skin of the face, bluish discoloration beneath the dressing, facial weakness or change in vision. Although uncommon, hematoma or infection may occur after an eyelid procedure. They rarely lead to permanent alteration, although the healing period may be prolonged.
6. Take medications as directed. No aspirin or aspirin containing drugs for 2 weeks.
7. Quit smoking.
8. Pain medication has been ordered and should be taken 4-6 hours as necessary to minimize discomfort. Avoid driving a vehicle or doing work requiring heavy concentration while taking these medications. Alcohol should not be taken in conjunction with the pain pills.
9. Diet as tolerated. Begin with soft, bland food-nothing hot or spicy.
10. Drink at least 8oz of fluid every hour-nothing carbonated or caffeinated for the first 24 hours.
11. REST is very important for the first several days post surgery. During the first 72 hours after surgery a family member or friend is generally needed to assist you with meals, bathroom and dressing changes.
12. No bending, lifting, straining, laughing, or excessive facial movements for 10 days. No

Upper Eyelid Postoperative Instructions

- strenuous activities (e.g. swimming, tennis, jogging, etc.) for at least 6 weeks. If bending is necessary, bend with your knees taking care not to lower the head. Avoid excessive movements of your head to either side. Avoid contact sports for 6 months.
13. Makeup may be worn on the face and around the eyes after the first week post surgery. Although bruising may persist around the eyes for several weeks, concealer may be applied over the purplish areas to mask the bruising for up to 3 weeks
 14. Complete healing of surgical scars may take up to 6-12 months or longer. Fortunately, most scars are hidden within the eyelid crease. On occasion, minor surgical revisions in the office may be elected.
 15. Sleep on your back with head elevated on at least 2 pillows as comfortable. A loose sofa pillow may put under the mattress. You may shower after 24 hours. Keep face and neck dressing dry. You may shampoo hair the day following the procedure.
 16. Please feel free to call the doctor with any problems that concern you.
 17. Contacts should not be worn for at least 2 weeks.
 18. Avoid direct sun exposure for six months by wearing sunglasses with UV protection.
 19. Notify Dr. Pare' if persistent tearing or eye irritation occurs.

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