

Kimberly Cockerham, MD

Zeiter Oculofacial Plastics: Skincare, Botox/Fillers, Lasers and Surgery

Eyelid Surgery

Pre-Surgery

- Two weeks prior, STOP taking all medications listed on the *Avoid List*
 - Aspirin and aspirin-containing products
 - All anti-inflammatory medications such as Motrin® – only Tylenol® is acceptable
 - All supplements including flax seed, fish oil and vitamins
- Two days prior, START taking:
 - Arnica Forte® for swelling (one capsule twice daily) (\$40 for 5-day supply)
 - Oral antibiotic may also be prescribed (price depends on your insurance coverage)

Day of Surgery

Arrive without make-up, in comfortable clothing.

You do not need to fast if you are having the procedure done with local anesthetic alone. You will be provided an ice pack for your eyes; an additional one may be purchased for \$12.95.

What to Expect

- Eye drops that numb the surface of your eyes will be placed in each eye. A blue plastic protector may then be placed in your eyes. The area of interest will be injected with a combination of lidocaine and Marcaine®. Your face will then be cleansed with Betadine® and sterile towels will be used to drape your head and chest.
- ***Upper Eyelid Blepharoplasty*** - Excess skin is excised, and the fat is sculpted and/or removed. Sutures are placed and either dermabond tissue glue or Steri-Strips™ are placed over them.
- ***Lower Eyelid Blepharoplasty*** - An incision is made just below the eyelashes and the excess fat is sculpted, redraped and/or removed. The excess skin and muscle is removed and redraped.
- ***Excisional biopsy or revision surgery*** is less involved and may not require sutures.
- ***Surgery can also be performed to correct the eyelid position or remove eyelashes (ptosis, ectropion, entropion or lid-retraction repair).***

Post-Surgery

Day of surgery and day after

- You may feel stinging, which can be relieved with ice and Tylenol. Apply ice bags directly to your eyelids.
- Keep one of your eye ice treatments in the freezer and alternate for at least 30 minutes of each waking hour for the first two days.
- It is very important to avoid dusty or dirty environments.
- Avoid interaction with pets—do not sleep with pet.
- Don't touch or rub your eyelid incisions. You can shower, but avoid water directly on the incision.
- Avoid sun exposure and wear large sunglasses.
- Avoid any activities that may increase blood flow to your eyelids: bending over, picking up heavy items, sports and sexual relations.

Days 3–7 after surgery

- Start your antibiotic ointment – apply to incision twice daily. Icing is no longer important.
- Continue to avoid dust, dirt, pets and the sun
- Shower and wash your face normally.
- Your sutures will be removed 5–14 days after surgery depending on your procedure and how you heal.
- Continue your antibiotic ointment for one night after the sutures are removed. Take Benedryl® to avoid rubbing your eyes.
- Contact the office immediately if your incision opens or looks red, bumpy or starts to turn brown.

Office: 209-461-2172 Monday – Friday 8 am – 5 pm
After hours contact Dr. Cockerham directly via text or call 650.804.9270.

www.CockerhamMD.com www.YourSkinSpace.com

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