

Kimberly Cockerham, MD/ Central Valley Eye Medical Group
Eyelid Surgery Instructions

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 for 5-day supply). This is optional supplement to minimize bruising and swelling.

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.

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 then Steri-Strips™ are placed over the sutures.
- **Lower Eyelid Blepharoplasty** - An incision may be made just below the eyelashes and the excess fat is sculpted, re-draped and/or removed. The excess skin is removed as needed. In some cases, no skin is removed because the only problem is excess fat. The incision is performed through the back surface of the eyelid (transconjunctival incision)
- **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

- You may feel stinging, which can be relieved with cool compresses and Tylenol. Apply cool compresses (zip lock bag with frozen peas, corn or blueberries works well and is inexpensive) directly to your eyelids. Use 20-30 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.
- If eye drops have been prescribed, place in the operated eye twice daily.
- Start your antibiotic ointment – apply to incision twice daily.
- 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® and avoid rubbing your eyes.
- Contact the office immediately if your incision opens or looks red, bumpy or starts to turn brown.

Office: 209-952-3700 Monday – Friday 8 am – 5 pm hours

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