

EAR, NOSE AND THROAT ASSOCIATES OF CHESTER COUNTY

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BLEPHAROPLASTY

>>PATIENT INSTRUCTIONS >>

Please read and familiarize yourself with these instructions both **BEFORE** and **AFTER** your procedure. By following them carefully, you will assist in obtaining the best possible result from your surgery. If questions arise, please contact our physicians or nurses.

PRE-OPERATIVE:

- If you experience signs or symptoms of an upper respiratory infection or other illness within five days of surgery, call our Surgical Coordinator at 610-363-2532 ext 108.
- For one (1) week prior to surgery, you should not take any aspirin or aspirin containing drugs, nor any ibuprofen or ibuprofen containing drugs. Examples of these include Advil (Motrin), Naprosyn (Naproxen), or Fiorinal. Also, supplements which should be avoided include Vitamin E capsules, omega 3 (fish oil), or glucosamine chondroitin. If you are required to be on any of these medications, discuss this matter directly with your ENTACC provider before stopping. If you are on Coumadin (Warfarin), Aspirin, or Plavix, please discuss with the prescribing physician about how to adjust this medication prior to your surgical procedure.
- Your physician will provide you with prescriptions for medications which you are to take **AT HOME** following surgery. Please fill these prescriptions prior to surgery.

POST-OPERATIVE:

- Most patients are placed on a mild sedative medication which is continued until the morning following surgery. If this medication is prescribed, please take it as directed. Be careful, noting that it will make you drowsy. If you live alone, make arrangements to have a companion at home with you while your eyes are bandaged. This should apply to the first 24 hours only.
- Do not disturb the external dressings over your eyes. These will be removed either by me, or under certain circumstances, by someone in attendance on the morning following surgery. The dressings should be kept dry. However, an attendant may wash the area around the dressings with a washcloth.
- Crushed ice should be kept in a soft plastic bag and gently applied to the area overlying your eye dressings for 24 hours following surgery.
- Keep your head elevated on two pillows or, better yet, elevate the head of your bed. This position should be maintained at least 24 hours post-operatively and ideally for five days. This will ensure a rapid resolution of swelling and quicker healing.
- After the eye patches are removed, apply the prescribed eye ointment to the incision using a clean Q-tip for each eye, as directed, three times per day.
- Your diet should be kept liquid to soft for the first 24 hours after surgery. Thereafter, it can be progressed as tolerated.

- Avoid extreme and strenuous activity for two weeks following surgery. Obtain more rest than normal. Most patients stay out of work and/or school for about one week. Circumstances surrounding your employment might allow you to return sooner or require that you stay out longer.
- Do not swim for four weeks after surgery.
- Contact lenses may be worn five days after surgery unless you are having difficulties. In those cases, please discuss this matter directly with us.

If you have any questions concerning your comfort or care, please contact our office at 610-363-2532.