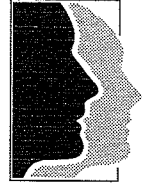


MARC E. LIEBERMAN, M.D., F.A.C.S.

Ear, Nose and Throat  
Facial Plastic Surgery



**BLEPHAROPLASTY (EYELID LIFT) SURGERY**

**PRIOR TO SURGERY**

- No aspirin or aspirin-containing products for 2 weeks prior to surgery, as well as for 3 weeks following the surgery.
- Arnica and bromelain are to be started 3 days prior to surgery and taken for 3 days following the procedure.
  - Arnica: Take 4 tablets and place them under the tongue to dissolve 2 times a day.
  - Bromelain: Take 2 capsules 3 times a day.

**NIGHT BEFORE SURGERY**

- Thoroughly remove all of your makeup.
- Do **not** have anything to eat or drink starting 8 hours before surgery.
- Take 5 mg of Valium at bedtime. You will take another 5 mg of Valium while being brought to the office for the surgery.

**DAY OF SURGERY**

- Take 5 mg of Valium while being driven to the office. With a sip of water, take any blood pressure medicine. Resume all other medications **after** surgery as needed.
- Wear loose, comfortable clothing. Make sure that your shirt does not have to be pulled over your head to be removed.
- Do **not** wear any makeup on your face.
- You must have someone drive you home after the surgery, and you need to make sure that someone is able to stay with you for the first 24 hours following surgery.
- After the surgery keep ice packs on your eyes as much as possible for the first 24 hours. This will decrease the swelling and bruising. Bags of frozen corn or peas work best. Do not put the plastic bag directly on the skin. Drape it over a layer of 4 x 4's (gauze) or a thin towel.
- Rest as much as possible. You will probably sleep on and off for the first 24 hours.
- Generally there isn't much discomfort with this surgery, but if you experience any, take the pain medication that was given to you. Do **not** wait until you are in a great deal of pain as the medication will be less effective and will take longer to "kick in". If you do not get any relief, call Dr. Lieberman.
- Apply Recovery Cream on bruised areas immediately following surgery 3 times a day until bruising subsides. Do not apply it on the incision line itself.
- A temperature of over 100.4 should be reported to Dr. Lieberman.
- Contact Dr. Lieberman immediately if there is any rapid neck swelling.

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## ADDITIONAL INFORMATION AND THINGS TO EXPECT

- You can shower and shampoo your hair the day following surgery, but try to keep the direct shower spray off your face. Do **not** scrub, rub, or pull the areas around your eyes. If your eyes do get wet, gently dab them dry.
- You should not do anything strenuous for 2 full weeks.
- The sutures will be removed as scheduled during the postoperative period. Steri-Strips (very thin pieces of surgical tape) will be applied and left on until the 7<sup>th</sup> postoperative day when Dr. Lieberman will remove them.
- Your eyes will probably feel dry and scratchy until all of the sutures are removed. Try using Tears Naturale to ease this condition.
- Any post-surgery bruising is usually gone or easy to conceal with makeup after the Steri-Strips are removed. No eye makeup is to be used until 7 days after surgery.
- Following surgery, your eyelids will be swollen and the degree of swelling will vary. It may be more noticeable in one eye than the other and may vary as to which eye at any point in time. This means that one eye could appear more swollen one day and the other eye appears to be more swollen the next day. Fifty percent of the swelling is gone after 1 week and a total of 90% is gone after 4 weeks. More subtle changes will take place for about 3 months following surgery.
- The wounds may be red or dark pink for about 4 weeks, at which point they will slowly begin to fade. Also, the wounds will be stiff and even lumpy and bumpy for up to 6 weeks, after which time they will begin to soften and smooth out.
- You must keep your eyes out of the sun for one full year following surgery. This is very important to achieve the best possible results. You need to obtain a sunscreen which can be used around the eye area with an SPF of 15 or greater. The sunscreen should be applied daily even if you do not "sun bathe", as you do not want your scars to receive any sun exposure whatsoever. Failure to do this can result in unsightly scars and scars that heal in a manner less delicate than otherwise possible.
- All wounds heal with scars. Dr. Lieberman will attempt to minimize the scar(s), but there will be a scar(s) nonetheless.

## POSSIBLE COMPLICATIONS

- Wound infection.
- Unsightly scarring.
- Hematoma (a blood collection under the skin).
- Visual disturbances – although extremely rare, there have been reported instances of blindness.
- Ectropion (the eyelid pulls away from the eye) or entropion (the eye lashes roll in on the eye).
- Eyelid closure problems.