

Please read these instructions both **before** and **after** surgery. Following these instructions carefully will help you obtain the best possible result from your surgery. If you have questions, do not hesitate to call us at any time.

Blepharoplasty

Pre-operative instructions:

Two weeks before surgery

- Discontinue all herbal supplements
- Discontinue aspirin and ibuprofen
- Discontinue vitamin E supplements
- Avoid all alcoholic beverages

One day before surgery

- Do not eat or drink anything after midnight

Morning of surgery

- You may take certain medications with a small sip of water. The surgery preop clinic will tell you which medications are permitted

Post-operative instructions:

Until further notice

- Avoid aspirin or ibuprofen (for 2 weeks)
- Avoid exertion, including athletic activities, bending over, heavy lifting and straining
- Elevate your head at all times. At night, sleep with your head in an upright position
- Avoid sun exposure on incision lines (for 1 year)

For one week

- You may wash your hair as long as you do not get your eyelids wet
- Wear clothing that fastens in the front or back

Evening of surgery

- Place an ice pack (such as a bag of frozen corn or peas) over your eyes for 15 minutes every hour while awake. Continue for at least 48 hours after surgery
- Place artificial tear ointment in your eyes before going to bed
- Take Tylenol for pain. If that is ineffective, take your prescribed pain medication

One day after surgery

- Gently clean your incision lines with a cotton swab and peroxide twice daily (continue for 10 days)
- Apply artificial tears ointment to your sutures three times per day (continue until the sutures are removed)
- Do not wear contact lenses. Ask Dr. Lamperti before you resume wearing your contact lenses.

One week after surgery

- You will return to the office for suture removal

If you have any problems, please call the office at 206.505.1300