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PLASTIC SURGERY OF THE FACE, BREAST AND BODY
CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY

THE OFFICES AT MERRICK PARK 4425 PONCE DE LEON BLVD. SUITE 200 CORAL GABLES, FLORIDA 33146 - 305.381.8837 - drbaker.com

EYELID SURGERY - BEFORE AND AFTER INSTRUCTIONS

BEFORE SURGERY

- [If age 50 or over, you need to visit your internist or regular medical doctor for a medical check-up and clearance about two weeks before surgery. Your laboratory testing can be done with your internist as part of your clearance with the results faxed to our office (786-513-2679). You may also want to have your eyes checked by an ophthalmologist for glaucoma and other eye conditions.
- [Stop ALL medications, vitamins, supplements two weeks before surgery except for medically essential prescription medications (clear these with us). Definitely no Aspirin or anything containing Aspirin or Vitamin E or Gingko Biloba.
- [Fill your after surgery prescriptions before surgery – pain medication (usually Vicodin or Percocet), antibiotic (usually Keflex or Levaquin) and blood pressure (Clonidine), when part of a facelift.
- [Ask us about our before/after surgery nutritional supplements (follow dosages listed on the bottle). These are optional but may help to reduce bruising and swelling after surgery.
- [No smoking (direct or indirect) at least two weeks before surgery – the longer the better.
- [No alcohol four days before surgery, esp. no red wine.
- [Practice blood clot prevention exercises – point/flex your ankle to pump your calf muscles (ballerina style).
- [Plan on coming to the office the afternoon before surgery to review last minute questions you may have.
- [Be well nourished, hydrated and rested before your surgery. Be in bed no later than 9 PM the night before. If you anticipate being very nervous, ask us for a mild sedative prescription when you receive your other prescriptions before surgery. If you develop any cold or other illness symptoms, we will need to reschedule your surgery
- [Do not eat or drink anything after midnight the evening before surgery and nothing for breakfast the morning of surgery.
- [Leave valuables at home – only bring essentials.
- [No makeup the morning of surgery. Avoid nail polish. No earrings or other piercings. No contact lenses.
- [Wear extra comfortable, loose fitting clothes and flat shoes. Avoid shirts that require you to raise your arms above shoulder level.
- [Plan on arriving at the surgery center about 1-2 hours before your scheduled start time.
- [Bring some magazines to leaf through before your surgery gets started.
- [Pre-schedule your first and second after surgery visits with us so your family / friends can plan their schedules.

AFTER SURGERY

- [Rest in bed with your head elevated at about 45 degrees, pillow under your head, neck and shoulders. The neck should be straight and relaxed - no flexion or extension.
- [**Place cold saline or water compresses on your eyes for the first 12-24 hours after surgery – 4inch by 4inch sterile gauze and sterile saline kept in the refrigerator is a good way.**
- [**Use eye drops as instructed: Tobradex – one drop each eye, morning and evening. Use artificial tears as needed.**
- [**Apply Tobradex ophthalmic ointment to eyelid sutures once a day.**
- [Get up, with assistance, every few hours, walk a little, use the bathroom, then back to resting.
- [While in bed, point/flex your feet (ankle pumps) to promote good circulation and minimize blood clots in your legs.
- [No bending forward or down. If you have to bend, bend your knees, keep your head and back straight. Do not lower your head. If something falls on the floor, do not pick it up.
- [Use pain medication only as needed to function, no more than every 4 hours, again with food. Switch to Tylenol as soon as possible.
- [Plan to come to the office the day after your surgery. Next office visit will be about 2 or 3 days later in the first week and two more times in the second week.
- [You may shower on the second day after surgery. You may use conditioner. Use comfortably warm water. Don't let the shower beam hit your face or eyes.
- [Suture removal in the office will occur 7 or 8 days after surgery.
- [Makeup is OK after about a week. Until then, don't manipulate your eyes.

**If any question is not covered by the above, ask us any time. There is every opportunity to have all your questions addressed.
Call us: 305-381-8837.**