



TAMPA BAY EYE
— & FACIAL AESTHETICS —

Upper Eyelid Blepharoplasty – Pre & Post-operative Instructions

You will need to arrange for another responsible adult to pick you up following your surgery. Please ensure your post-op (1 week follow-up) is scheduled with Dr. Creekmore at her Lutz office.

Prior to Your Surgery

You may eat and drink as normal if you will be receiving only a local anesthetic. Call the ASC if you have any questions.

- BLOOD THINNERS
 - o If you take a daily aspirin (ASA) for preventative reasons only (i.e. you have no cardiac history, heart attack, stroke, blood clot or atrial fibrillation) we ask that you discontinue taking it 2 weeks prior to surgery and 1 week after surgery.
 - o If you take ASA or any other blood thinner (Warfarin/ Coumadin, Pradaxa, Plavix/ Clopidogrel, ect.) due to previous cardiac history then please contact your cardiologist or family physician to see if it is safe for you to discontinue prior to your surgery. Please follow their recommendations regarding stopping these medications. If they allow you to stop them 2 days prior to your surgery, please do so as it will significantly decrease the amount of bruising you experience after surgery.
 - o If you are on warfarin, please ensure your most recent INR is below 2.5. If you are unsure, please contact your family physician. Please ensure you notify our office the week prior to your surgery with your most recent INR value.

- **PAIN RELIEVERS**

- o Several common pain relievers affect how blood clots. If you are taking any medications for pain prior to your surgery, please avoid Aspirin, Ibuprofen, Advil and Aleve for a period of 2 weeks prior to surgery and 1 week after. This is to avoid excess bleeding during the operation. Tylenol is the only medication recommended prior to surgery and may be taken as needed.

- **HERBAL MEDICATIONS**

- o Avoid Ginseng, Garlic and Gingko.
- o Avoid large doses of Vitamin E for 3 weeks prior to surgery and 2 weeks post-operatively to avoid wound-healing problems.

Following Your Surgery

- Apply ice packs on eyes for at least 20 minutes per hour for the first 48 hours, except while sleeping. The cold compresses will help reduce swelling and bruising. After surgery, you should go home and rest. Avoid prolonged reading or watching tv for first day. You should walk around occasionally. Use extra pillows to keep your head elevated when lying down for the first week. Avoid bending your head forward for a week. Avoid strenuous activity and heavy lifting for a week. Slight blurry vision due to eye ointment is normal in the first 24 hours and should resolve.

Do not drive for 24 hours following your surgery.

- A small amount of bleeding in the first 24-48 hours is normal and should resolve. If it persists, contact Dr. Creekmore's office at 813-550-2020

- Avoid smoking for 3-4 weeks post-operatively.
- Wash area gently daily (you can shower normally the following day) with a mild soap/cleanser and water.
- Apply a thin layer of prescribed ointment to incision lines according to doctor's instruction.

- Do not scrub over sutures or rub your eyes. Do not use a hot blow dryer.

What to Expect

- Swelling is a normal symptom that may occur, it should subside within 1-2 weeks. If it does not subside; please give us a call and schedule a follow-up to assess the swelling.
- Bruising may be extensive. It will be worst at 3-4 days and may persist for up to 4 weeks. Avoid prolonged exposure to sun and heat for three months to prevent swelling of your face. Wear a hat, sunglasses and sunscreen if you have to be out in the sun. An ideal sunscreen is Alastin Silkshield Mineral Sunscreen which can be purchased at Dr. Creekmore's office or the online shop on our website www.tampabayeye.com. You may experience a feeling of numbness around the incisions. If you have any concerns please do not hesitate to call us 813-550-2020