

PRE EYE-LIFT INSTRUCTIONS

To help minimize bleeding, bruising, and swelling, please follow the pre surgery instruction sheet you are given (LIST OF FOODS/SUPPLEMENTS TO AVOID)

Please plan to have a responsible adult drive you to the office and stay with you the first 24 hours after your surgery.

Purchase bags of frozen peas and small plastic bags to use as ice-packs. Nothing heavier is allowed.
THESE FROZEN PEAS ARE FOR YOUR CHEEKS IF THEY SWELL. Do not apply to the EYES.

Purchase gauze pads (pharmacy) to use for compresses (see below).

Auriderm Cream- you will receive this from the office. Apply three times a day to eye area (not on stitches) and to lower eyelid to minimize bruising.

Please notify us if you are allergic to tape or adhesives as we usually use them to hold the stitches in place.

POST EYE-LIFT INSTRUCTIONS

For **48 hours** after the procedure (while awake):

- Apply ice-water gauze compresses every 2 hours (gauze soaked in ice water) for 10 minutes.
- Avoid placing heavy objects (like an ice bag) onto the eyes (protect the sutures).

For **one week** after the procedure:

- Take **Bromelain**, and/or your **prescribed blood pressure** medications
- Take Tylenol / Acetaminophen, as directed, every 4 hours as needed for pain.
- **Avoid** the following to minimize bruising.
 - Aspirin
 - Ibuprofen / Motrin / Advil
 - Naproxen / Naprosyn / Aleve
 - Vitamin E, Garlic, Gingko, and Ginseng
 - Herbal teas
- Sleep semi-upright, using at least 2-3 pillows.
- Do not bend over
- No exercise or heavy lifting
- You may shower after 1 day but **DO NOT** soak your eyelid bandages

To care for wounds, for **one week** after the procedure:

- There may be stitches removed in the office on day 3 or 4 after your surgery
- The remaining sutures will be removed at 1 week
- You can usually apply makeup after 7-10 days, after permission from the doctor

Call IMMEDIATELY if any of the following occur:

- ◆ Rapid swelling of one eye
- ◆ New onset of **SUDDEN** pain
- ◆ Loss of vision

Medications you may be prescribed:

- Keflex _____
- Clonidine _____
- Vicodin _____
- Other _____

