

Pre/Post-Operative Transconjunctival Blepharoplasty Instructions

1. Shower the night before or morning of surgery using antibacterial soap, such as Dial. Gently wash your face the morning of surgery. Please do not apply any makeup.
2. The day of surgery, wear a shirt that buttons in front and loose comfortable pants.
3. If prescribed, begin taking Arnica the morning of surgery.
4. Sleep on at least two pillows for the first 14 days. Do not sleep face down.
5. If you notice significant sharp or dull pain which persists, notify my office immediately.
6. Forehead swelling, bruising, and numbness are normal. Cold compresses should be applied for the first 72 hours after surgery. 20 minutes on / 20 minutes off while awake.
7. Do not take Aspirin or medications containing Aspirin for 14 days prior to surgery and for 7 days following surgery. Avoid any alcohol 2 weeks prior to surgery.
8. Smoking is one of the most important factors that can impede healing and increase complications. Stop smoking two weeks before and two weeks after your surgery.
9. Do not use contact lenses for at least two weeks.
10. Do not use any eye makeup for 10 to 14 days after surgery.
11. Redness of the whites of the eye is a form of bruising, and will subside quickly.
12. Do not engage in a vigorous exercise for at least 3 weeks or until approved by our office.
13. An appointment to see Dr. DeFatta 6-8 days after surgery will be made to check healing.
14. It is normal to feel slight tightness of the eyelids during the early healing period.
15. Begin taking your prescribed antibiotic with food after your surgery.

Don't take any chances! If anything concerns you, please give us a call at 715-828-2368.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured of our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.

Robert J. DeFatta, MD, PhD, FACS