

Patient Instructions Following Transcutaneous Blepharoplasty

1. Shower & gently wash your face the morning of surgery with an antibacterial soap.
2. The day of surgery, wear a shirt that buttons in the front and loose comfortable pants.
3. Sleep on at least two pillows for the first 14 days. Do not sleep face down.
4. If you notice significant sharp or dull pain which persists, notify my office immediately.
5. Apply cold compresses for the first 72 hours after surgery. 20 minutes on /20 minutes off.
6. 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.
7. 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.
8. Clean the incision line with saline and then apply the antibacterial ointment twice a day.
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. Minimal makeup to cover bruising of the lower lid is acceptable at any time, but do not pull on the lids or incisions.
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. It is normal to feel slight tightness of the eyelids during the early healing period.
12. Begin taking your prescribed antibiotics with food after your surgery.
13. An appointment to see Dr. DeFatta 6-8 days after surgery will be made to check healing.

Don't take any chances! If you are concerned about anything, please give our office a call 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. 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