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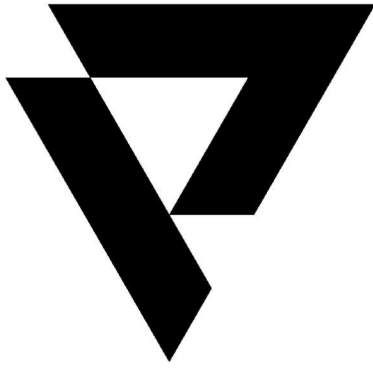
BLEPHAROPLASTY (EYELID SURGERY)
Postoperative Instructions

*****NOTE: IF YOU ARE UNDERGOING A PROCEDURE UNDER ANESTHESIA (NOT LOCAL ANESTHESIA ALONE), DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT PRIOR TO YOUR PROCEDURE*****

AMAZON POST-OP LIST: <https://a.co/cfYUsv8>

- Dr. Sitapara has curated these items to help you breeze through your recovery (*please review ingredients for any allergies or contraindications*):
 - L-Arginine Pro – Scientifically proven to aid in healing time and pain. Consume 1 scoop per day for the week before surgery and the week after surgery.
 - Vitamedica Bromelain – Studies show significant reduction in bruising. Take one pill per day for one week before surgery and the week after surgery.
 - General Gauze Sponges – Use as needed for wound care. Non-woven for comfort.
 - Extra Strength Tylenol – Lay a foundation of pain control before using additional pain medications for spikes in discomfort. 500mg rapid release tablets to take every 4-6 hours. Do not exceed 4000mg per day (8 tablets).
 - Refresh Eye Drops – Sooth dry or irritated eyes as needed. Put the box in the fridge for added comfort.
 - Chloroseptic Spray – To soothe any throat irritation after surgery.
 - Sleep options - We generally recommend sleeping with your head slightly elevated after surgery to reduce swelling. We also want you to be strictly sleeping on your BACK. Explore these options and see which one works best for you.
 - AM Aeromax Back Sleep Training Pillow – Design trains you to sleep on your back. Recommend placing on top of another flat pillow to keep head elevated. Machine washable cover.
 - Cozymaker Wedge – Elevate your head and neck to an optimum angle. May need to combine with an airplane neck pillow to prevent side sleeping.
 - Airplane Pillow – *Hair Transplant Patients* Bring with you ON THE DAY OF SURGERY.

The following instructions apply to patients who have undergone blepharoplasty. Since no two patients are ever exactly alike in their surgical needs, type of surgery performed or rate of healing, we may elect to individualize the following guidelines for each patient. In such instances, we will so instruct you. Otherwise, we urge you to follow the advice below very carefully, in order to accelerate your healing and maximize your surgical outcome.



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Preoperative Instructions

If possible, do not take any Aspirin or NSAID medications (ibuprofen, motrin, advil, etc) for 14 days prior to your procedure, and then only on the advice of your personal physician. Please let your surgeon know if this is not possible prior to your surgery.

Avoiding alcohol for 7 days prior to surgery can help with the healing process. Make sure to have a meal before coming into the office for your procedure (ONLY IF YOU ARE HAVING THIS DONE WHILE AWAKE).

Postoperative Instructions

Sleep on your back with head elevated.

Blepharoplasty usually causes little if any post-operative pain. If you notice significant sharp pain which persists, notify my office immediately.

Icing for the first 48 hours after surgery will improve your healing. Apply bottled or sterile water to the gauze pads. Place the gauze pads over your eyes and apply baggies of frozen vegetables over the eye pads. Change as they become warm. Making 6-8 baggies before the surgery to have when you get home is recommended. There is no need to ice overnight.

Take no aspirin or aspirin-containing pain medications.

You may use your eyes for reading or TV viewing as frequently as you wish.

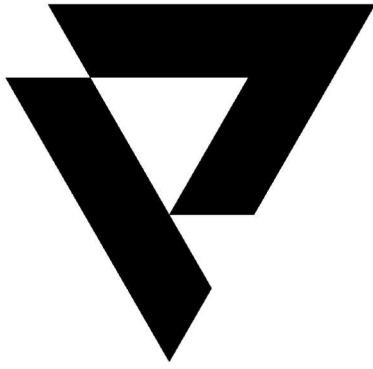
Apply the prescription eye ointment provided to the incision two times a day. Use sparingly, placing only a tiny amount on the incision lines. Excess use will melt and blur your vision temporarily.

Do not use contact lenses for at least two weeks. Pulling on the eyelids while inserting or removing lenses may interfere with precise incision healing. Glasses may be used at any time.

Do not use mascara, eyeliner or eye shadow until approved by us (usually 10-14 days). Minimal makeup applied to any bruising of the lower lid is acceptable at any time, but do not pull on the lids or incisions. Camouflage makeup instruction is available if you desire.

Any apparent redness of the whites of the eyeball is only a form of bruising and will subside during the early healing process.

Walking is recommended after the surgery but avoid any activity that raises your heart rate or blood pressure. Between 1-2 weeks after surgery, you may progress to walking 3 miles for exercise. After 2



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weeks, slowly reintroduce exercise into your routine. Do not engage in vigorous exercise or sports for at least 3 weeks, or until approved by our team.

Sun exposure can impair wound healing and worsen the appearance of scars.

Stitches are removed at different times after surgery depending upon the extent of surgery, type of stitches, and the type and quality of your skin. We will advise you accordingly. This may be between 5-8 days.

It is not abnormal to feel a slight itching and tightness of the eyelids during the early healing period.