

***SCOTT J. ZEVON M.D., F.A.C.S.
CENTRAL PARK PLASTIC SURGERY***

BLEPHAROPLASTY PATIENT INFORMATION

***75 CENTRAL PARK WEST
NEW YORK, N.Y. 10023-6011***



ABOUT BLEPHAROPLASTY (EYELID SURGERY)

- ◆ Blepharoplasty (eyelid surgery) is a procedure to remove fat and excess skin and muscle from the upper and lower eyelids. Eyelid surgery can correct drooping upper lids and puffy bags below your eyes. However, it won't remove crow's feet or other wrinkles, eliminate dark circles under your eyes or lift sagging eyebrows. Blepharoplasty can be done alone, or in conjunction with other facial surgery procedures such as facelift or browlift. Most patients are 35 or older, but if droopy, baggy eyelids run in your family, you may decide to have the surgery at a younger age.
- ◆ If your upper eyelids are drooping to the extent where they restrict your vision, your insurance may cover this surgery. Dr. Zevon will advise you if he thinks might be so, and refer you to an ophthalmologist who will test your visual field to document your condition before your surgery.

PREPARING FOR SURGERY

STARTING NOW

- Please read and familiarize yourself with these instructions. By following them carefully you will assist in obtaining the best possible result from your surgery. If questions arise, do not hesitate to communicate with Dr. Zevon and discuss your questions at any time. Re-read the General Instructions for Cosmetic Surgery Dr. Zevon gave you.
- Locate your Personal Information Sheet and complete it so that Dr. Zevon's office will know who will escort you home after your surgery and where you plan to spend the night of your surgery. Bring it to your pre-operative appointment, or telephone, e-mail or fax the information to us. If you cannot locate it, let us know so that we can provide you with another.

PRE-OPERATIVE INSTRUCTIONS

THE DAY BEFORE YOUR SURGERY

- WASHING:** In the evening, wash your face with anti-bacterial soap. Do not apply any moisturizers or other products to your face afterwards.
- Unless your surgery is under local anesthesia, **NOTHING TO EAT OR DRINK AFTER MIDNIGHT.**
- If your surgery is in the afternoon, check with us as to what or when you may eat or drink before surgery.

THE MORNING OF YOUR SURGERY

- WASHING:** Shower and wash your face again with anti-bacterial soap. Do not apply any moisturizers or other products to your face afterwards.
- FACIAL PRODUCTS:** Do not wear any make-up, and do not apply any moisturizers, sunscreens, or anything else on your face, head or neck. No hairspray or perfume.

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- **CLOTHING:** Do not wear clothing that goes on over your head. Wear tops with front closures such as buttons or zippers, bottoms that are easy to pull on, and comfortable shoes. If you wear contact lenses, bring prescription eyeglasses or prescription sunglasses to wear after your surgery. You may also bring a scarf, hat, or regular sunglasses to wear after your surgery to camouflage your appearance.

POST-OPERATIVE CARE

- When you arrive home, be prepared to rest in bed for the first 24 hours after surgery. Use 2 pillows under your head. You will be black and blue around the eyes for 72 hours, and will have puffy eyes for 2 weeks. If you feel nauseated, lie on your back and remain still. Any sensation of nausea should pass by the morning after your surgery. If you are not nauseated, you may eat lightly and drink to replenish your body fluids. You may go to the bathroom with assistance as needed. If you feel up to it, light activity will not harm you. You can expect to have slightly blurred vision for the first day or two after surgery. You may read or watch television when the blurring resolves.
- Take the antibiotics and pain medication prescribed by Dr. Zevon according to the pharmacy instructions. Have another adult give you the pain medication at the correct time and/or keep written records of how much you take and when you take it. You do not have to take the pain medicine if you are not in pain, but you must take all of your antibiotics. Do not drive while taking pain medication.
- **NO HOT OR WARM COMPRESSES!** You may apply cold compresses to your eyelids using 4 x 4-inch gauze pads or a clean washcloth soaked in dilute salt water (1 teaspoon of salt to quart of water.) The water does not have to be iced, although it may be if it feels more comfortable. You may freeze the gauze pads. Cold compresses are soothing and help control swelling.
- **WHAT TO EXPECT:**
 - A) moderate discomfort (take pain medication);
 - B) moderate swelling;
 - C) bruising (black and blue discoloration);
 - D) bloodshot eyes;
 - E) moderate bleeding from wound edges.
- **CALL DR. ZEVON ABOUT:**
 - A) severe pain not responding to pain medication;
 - B) marked swelling, or obviously more swelling on one side than the other; or
 - C) significant changes in vision (anything more than mild blurring).

DON'T TAKE CHANCES! CALL IF YOU ARE CONCERNED ABOUT ANYTHING YOU CONSIDER SIGNIFICANT. During office hours, call (212) 496-6600. After hours, call (917) 612-3800.
- ◆ **CONTACT LENSES:** You won't be able to wear your contact lenses for about two weeks, and they may feel uncomfortable for a while after that.
- **HAIR:** You may wash your hair three days after surgery. Dry your hair with a towel or a blow dryer on the cool setting. You may use hair rollers, but **DO NOT USE A BLOW DRYER ON THE WARM**

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OR HOT SETTING, OR SIT UNDER A WARM OR HOT HAIR DRYER.

- MAKE-UP:** You may wear eye make-up and/or concealer on the fifth day after surgery. We can assist you in techniques for concealing bruising and redness. We carry camouflage cosmetic products for post-surgery patients; you can also use your own makeup and concealer. If you are interested, ask for a brochure on camouflage cosmetics.
- DRYNESS:** Some patients may experience dry eyes for a few months after surgery. If you do, inform Dr. Zevon. You may use eye drops every 2 or 3 hours to alleviate dryness.
- SMOKING & DRINKING:** Do not smoke for 2 weeks after your surgery to prevent coughing and possible bleeding. Do not drink alcohol for 10 days after surgery, or while you are taking pain medication. Alcohol dilates the blood vessels and could increase bleeding. The combination of pain medication and alcohol is dangerous.
- DRIVING:** You may drive a car with power steering after one week.
- HERBAL REMEDIES:** Some patients report that arnica contributes to a reduction in bruising or swelling, resulting in reduced discomfort and edema, and improved healing. Ask us if you wish assistance in locating a source of arnica. Take arnica orally according to manufacturer's instructions on the packaging.
- POST-OPERATIVE APPOINTMENTS:** It is important to see Dr. Zevon as scheduled after surgery. The first post-operative appointment will be 2 or 3 days after the surgery at which time your sutures will be removed. The second post-operative appointment will be in a week to 10 days. Check your post-operative instructions for your first appointment. If you don't have an appointment, call 212 496-6600, tell the receptionist the date you had surgery and she will schedule your post-operative appointment. At each post-operative appointment, Dr. Zevon will advise you how soon the next one should be scheduled.

RECOVERY TIME

- INITIAL:** You will be black and blue and bruised around the eyes for 3 to 7 days. Most patients go out in public with sunglasses in 3 or 4 days.
- SUBSTANTIAL:** 2 weeks.

RESUMING NORMAL ACTIVITIES

- WORK:** Follow the plan you and Dr. Zevon have agreed upon. Most patients can return to work in 5 to 7 days or less.
- EXERCISE:** Avoid vigorous activity, including strenuous sexual activity, and contact sports for 4 weeks. Dr. Zevon will give you permission to increase your activities based on fitness level and stage of recovery.
- EXPOSURE TO SUN:** Scars take at least one year to fade to their greatest extent. During this time,

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protect them from the sun with a hat and a high SPF sunscreen. We carry sunscreens suitable for post-surgery patients.

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