



DR. ROBERT HOUSER
COSMETIC & PLASTIC SURGERY
OF COLUMBUS, INC

495 Cooper Road, Suite 217 · Westerville, OH 43081

Phone: 614.890.5565 · Facsimile: 614.890.5561

Diplomat, American Board of Plastic Surgery

Member, American Society of Plastic Surgeons

www.Drroberthouser.com

BLEPHAROPLASTY (EYELID) SURGERY INSTRUCTIONS

Before Your Operation...

1. No aspirin or medicine containing aspirin and no Vitamin E for 2 weeks before surgery, since they can interfere with normal blood clotting. **If needed, use Tylenol instead of aspirin.** (If in doubt, check with the office.)
2. **Smokers SHOULD STOP FOR 2 WEEKS** before surgery to reduce post operative complications caused by smoking. This includes use of nicotine in any form (tobacco, nicotine patches or gum.)
*****WARNING: Smoking may cause poor or delayed healing - even death of skin (gangrene) in addition to lung complications and bleeding.**
3. Report any signs of a cold or infection appearing within 3 weeks before your surgery.
4. **If you take medication of any kind, call the office to check with Dr. Houser or his nurse about instructions for the day of surgery.**
5. Arrange for a responsible adult to drive you to your home, hotel or motel after surgery.
6. Complete financial arrangements with the Office Manager including any payments due before surgery.
7. If you have any questions before your operation, call (614) 890-5565 weekdays between 9:00 a.m. and 5:00 p.m.

Day of Surgery...

1. **Do not eat or drink anything after midnight the night before your surgery unless instructed otherwise by Dr. Houser.**
2. Wash your face well. Do not cream your face afterwards.
3. No makeup please.
4. Wear comfortable, loose fitting clothes which do not have to be put on over your head. No pantyhose please. Bring sunglasses to wear after surgery.
5. **You must have a family member or friend drive for you after surgery.** Upon arrival at the facility, give the nurse your driver's name and phone number, as well as address and phone number where you will be the night after surgery.



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6. **You must have a responsible adult spend the first 24 hours with you.** Additional instructions and prescriptions can be given to the person calling for you. Such prescriptions should be filled promptly, therefore bring appropriate prescription cards with you.

7. Arrive at the facility at the time recorded on your surgery confirmation sheet.

After Your Surgery...

1. Rest until the next day.

2. Take medications according to instructions on the bottle. Have someone else give you your pain medicine according to the correct time intervals, since under its influence, you might forget and take it too often. **Do not mix alcohol and pain medicine.**

3. Apply *COOL* compresses to your eyelids consisting of gauze pads or a clean washcloth . It does not have to be iced. This is soothing and helps control swelling. **No hot or warm compresses.** Apply ointment provided sparingly to incisions 1 to 2 times daily.

4. Keep your head elevated the first few days.

5. Avoid smoking for 48 hours after your operation to prevent coughing and possible bleeding.

6. You can expect:

- Moderate discomfort. Use pain medicine. (see number 2 above)
- Moderate swelling.
- Black and blue discoloration.
- Blood shot eyes.
- Moderate bleeding from wound edges.

7. Call (614) 890-5565 if you have:

- Severe pain not responding to pain medication.
- Marked swelling or obviously more swelling on one side than the other.
- Fever over 100 degrees F.
- Significant changes in vision (anything more than mild blurring).
- Any other questions or problems.

8. You may wash your hair the day after surgery. Dry with towel or cool dryer. Do not sit under a hot dryer.

9. You may read or watch television if you feel up to it, although you can expect to have slightly blurred vision for the first day after surgery.

10. Do not put makeup over sutures. You may wear eye makeup after sutures are removed.

11. You may drive a car when you feel your vision is normal.



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12. Avoid prolonged exposure to sun and heat for 1 month to prevent swelling. Protect your skin with sunscreen.
13. Strenuous exercise (e.g. golf, tennis, swimming, weight training) may be resumed after 2 weeks.

Smokers should cut down to no more than 3 or 4 cigarettes a day for 3 days before surgery to reduce post operative complications caused by smoking. This includes use of nicotine in any form (tobacco, nicotine patches or gum.)

*****WARNING: Smoking may cause poor or delayed healing - even death of skin (gangrene) in addition to lung complications and bleeding.**

Feel free to call us any time. We want you to be as comfortable as possible during your healing period.

Office Visits...

First: 4 to 7 days following surgery at which time your sutures will be removed.

Second: 7 to 10 days later.

Then: 2 and 6 months after surgery.