

PRE-SURGERY PREPARATION

DO NOT take aspirin or any anti-inflammatory medications such as ibuprofen, Motrin, Aleve or Advil for 2 weeks prior to and 1 week after your surgery.

STOP taking vitamin E and fish oil supplements for 2 weeks prior to and 2 weeks after surgery. A multivitamin is fine as long as it has less than 700 IU per day.

STOP smoking for at least 2 weeks before and 2 weeks after your surgery. Smoking greatly increases your chance of complications.

MAKE ARRANGEMENTS to have someone drive you to and from surgery and to your office visit the day after surgery.

ARRANGE for someone to care for you the first 24-72 hours after surgery.

FILL your prescriptions before surgery. It is not necessary to bring them with you to the surgery center.

SET UP a home recovery area with lots of pillows in a quiet area where you can rest. A recliner is very helpful if you have one.

HAVE light foods on hand such as saltine crackers, protein shakes, soup, applesauce, jell-o, popsicles, etc. Also have plenty of fluids available. Water, dilute fruit juices, dilute Gatorade and caffeine free tea are good choices.

DO NOT eat or drink anything after 12:00 midnight. This includes water, candy and chewing gum. We suggest having a light dinner no later than 7 pm the evening before your surgery to minimize the chance of nausea. Drinking plenty of water (64oz/day) or more for two days prior to your surgery will also help prevent post-op nausea.

WEAR only comfortable, loose-fitting clothes that open in the front to the surgery center. Slippers or slip-on shoes are preferred. For patients having a tummy tuck a robe is best.

DO NOT wear makeup, jewelry, contact lenses or body piercings to the surgery center.

SHOWER and wash your hair the morning of surgery. Wash the area you are having surgery on with Hibiclens (antiseptic cleanser), which will be provided for you at your pre-op appointment. Do not apply any powder, lotion or deodorant after you shower.



HEDIEH A. STEFANACCI, M.D.
AESTHETIC & RECONSTRUCTIVE PLASTIC SURGERY

POST-SURGERY: EYELIDS

INSTRUCTIONS

- Take your pain medication as directed.
- An ice pack will be applied in the recovery room. Continue to rotate it 30 minutes on, 30 minutes off while awake. Use it for the first 24-48 hours or longer for comfort.
- Begin your antibiotic the day after your surgery.
- You may remove your white compression stockings the morning after surgery.
- Decreased activity and narcotic pain medication may cause constipation, increase fluid intake and use a stool softener (such as Colace) as needed.
- Do not drink alcohol while taking pain medication.
- Sleep on your back with your head elevated for the first week. Use two pillows or a wedge shaped foam pillow available at most medical supply stores. You can also sleep upright in a recliner.
- Substitute Tylenol (acetaminophen) for your narcotic pain medication as tolerated. For most this is within the first few days after surgery.
- Eyeglasses are ok immediately after surgery but you may not put contact lenses in for at least two weeks.

ACTIVITIES

- Do not drive for at least one week and are no longer taking narcotic pain medication.
- Begin by walking around your house several times a day for the first week and then slowly increase activity as your energy returns.
- Keep your head above your heart at all times. Bend from the knees, no stooping over for two weeks.
- To avoid excessive swelling or bleeding refrain from any strenuous activities for 3 weeks.
- You may shower and wash your hair two days after surgery. Wash your face with a mild cleanser avoiding direct contact with the eye area.
- Eye makeup can be worn in 10-14 days providing it can be applied without excessive tugging or pulling on the eyelid. Makeup can also be used to camouflage bruising around your eyes during this time.
- Most patients can return to work within 10 days after their eyelid surgery.
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INCISION CARE

- The eyelid sutures will be removed at one week.
- Avoid exposing scars to sun for at least 12 months. Always use a strong sun block (SPF 30 or greater) if sun exposure is unavoidable.

WHAT TO EXPECT

- Bruising and swelling are normal parts of the healing process. Your eyes may gradually swell in the first few days after surgery. As the days go by the swelling and bruising will begin to dissipate. It may take up to 4 weeks or longer for all the swelling to fully resolve so be patient for your final result.



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WHAT TO EXPECT (contintued)

- You may experience excessive tearing or dryness during the first month of healing. Artificial teardrops may help to alleviate symptoms. Limiting the amount of reading or watching TV may reduce eyestrain and symptoms.
- Your eyes may be light sensitive. Dark sunglasses will protect both your eyes and the incisions.

WHEN TO CALL

- If you have increased pain that is not relieved by medication.
- If you have any side effects from the medications such as rash, nausea, vomiting or severe headache.
- If you have a temperature over 101 degrees.
- If you have bleeding from an incision that does not stop with light pressure.

FOR MEDICAL QUESTIONS, PLEASE CALL:

- (559) 797-9000, Monday-Thursday 9 a.m. – 5 p.m. and Friday 9 a.m.-noon.
- After hours and on weekends call the office number and Dr. Stefanacci will be paged.



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