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WHAT YOU SHOULD KNOW ABOUT BLEPHAROPLASTY

- ◆ Blepharoplasty (eyelid tuck) can be performed on your upper or lower eyelids.
- ◆ Eyes generally show age before other facial structures. A blepharoplasty will give a refreshed, alert appearance to your eyes.
- ◆ Blepharoplasty is performed using local anesthesia (numbing medication). We can give you medication to relax you. If you prefer, we can give you "twilight sedation" but this requires an anesthesiologist, and will add to the cost of the procedure.
- ◆ On the upper eyelid, a blepharoplasty will remove excess tissue which may include skin, muscle and fat.
- ◆ We put in dissolvable stitches which don't need to be removed.
- ◆ A blepharoplasty does not correct sagging eyebrows. A browlift is required to elevate eyebrows. This can be performed separately or at the same time as a blepharoplasty. In some patients, a blepharoplasty may actually make the eyebrows droop more. In these patients, a browlift is required to give the best results.
- ◆ After an upper eyelid blepharoplasty, you should expect bruising and swelling, This usually resolves over one week.
- ◆ A risk of an upper eyelid blepharoplasty is that the eyelid will not completely close. This is usually temporary. However, you would need to use daily eyedrops should this occur.
- ◆ For a lower eyelid blepharoplasty, the incision is usually made inside the eyelid.
- ◆ Fat is either removed or repositioned depending on your needs. This can be discussed with Dr. Gladstone.

- ◆ A risk of a lower eyelid blepharoplasty is an “ectropian” (pulling down of the lower eyelid). Should this occur, an additional procedure called a “canthopexy” will need to be performed.
- ◆ Because of swelling and bruising from either an upper or lower eyelid blepharoplasty, expect to take one week off from work.

PRE-OPERATIVE PLANNING

- Please stop all aspirin or aspirin-related products two weeks before the operation.
- Please stop all anti-inflammatories including Advil/Ibuprofen/Naproxen/Vioxx/Celebrex or others at least 10 days before the operation.
- Please stop Ginkgo Biloba, Vitmain E and Vitamin C at least 10 days before surgery.
- Please arrange to have someone pick you up after surgery as you will not be able to drive.

WHAT TO EXPECT THE DAY OF SURGERY

- After being greeted, we will ask you to sign consent forms, and then we will take photographs of your eyes. Dr. Gladstone will also mark your eyes if you are having an upper blepharoplasty.
- We will give you some relaxation medicine.
- We will have you lie on the procedure table, place some topical anesthetic in your eyes, and then also inject your eyelids with numbing medication.
- For a lower blepharoplasty, you will feel the pressure of a protective eyeshield on your eye.

POST-TREATMENT CARE

- ✓ You should place ice bags or frozen vegetables wrapped in a wash cloth over both eyes. This should be done for 20 minutes per hour while you are awake for at least the first 72 hours after surgery.

- ✓ While awake, you should minimize the time that you are laying down. When going to bed, elevate your pillow for the first week.
- ✓ No water should be placed on your eyelids for the first 48 hours. After that period, you may gently dab your eyelids with a mild soap, but generally avoid touching your eyelids for at least the first week.
- ✓ You must avoid any heavy lifting or strenuous activity for at least 2 weeks. You may resume jogging and noncontact sports at 2 weeks. You may resume more strenuous activities at 4 weeks after the procedure.
- ✓ You should not drive for at least the first 24 hours after surgery.
- ✓ Please remember to take your prescribed medication
- ✓ Should you experience a steady increase in pain, swelling, or fever, or a decrease in your vision, you must immediately page Dr. Gladstone through the Hospital paging operator (650) 723-6661.
- ✓ You must return for a one week post-operative check.

Follow-up appointment_____