



## **Eyelid Surgery Pre-operative Instructions**

Congratulations on your decision to pursue cosmetic surgery! I have prepared several pointers which will help you to best prepare for your upcoming procedure, in order to obtain the safest and most satisfactory outcome.

### **1) Suggestions:**

- a) Arrange for 7 to 10 days off work. Recovery is variable, depending on your individual response to surgery, but some time to heal is mandatory.
- b) Try to complete all non-essential personal duties and responsibilities before your surgery. Your recovery will be far less stressful if you can get all of life's little tasks out of the way beforehand.
- c) Have someone available to help with things around the house (kids, meals, shopping, etc.) for several days after surgery.
- d) Wear comfortable, loose-fitting clothing that does not have to be put over your head, and bring sun-glasses
- e) Obtain a large package of 4"x4" gauze and some ice for use after surgery

### **2) Mandatory:**

- a) **Stop intake of all Aspirin and Aspirin-related products (anti-inflammatories like Motrin, Advil, Naprosyn, etc.) two weeks before surgery**, as these products will increase bleeding and bruising during surgery
- b) **Stop smoking or nicotine-containing products (Nicorette, nicotine patch) 6 weeks before surgery**. If you are unable to quit 4 weeks before surgery, please notify my office as soon as possible.
- c) Do not wear make-up, facial creams or hair gel on the morning of surgery
- d) Report any cold, infection or facial break-out appearing 2 weeks prior to surgery
- e) Consume no food, drink or even water after midnight the night before surgery, if surgery will be done in the hospital. A full stomach on the morning of surgery will necessitate cancellation of the procedure. If surgery is to be performed under local anesthesia at my office, you may eat a light meal prior to surgery.
- f) Discuss any medications, which you regularly take, with me before surgery.
- g) Have someone available to bring you home after surgery (usually the following morning).
- h) Have someone available to stay with you that day.
- i) Be at the hospital several hours before your scheduled time (discuss this with my office staff)
- j) Call me with any questions you may have, as soon as possible, before surgery.

I will see you at the hospital!

Sincerely,  
H. Silverman, MD