



Upper Blepharoplasty Instructions

Take the time to review these instructions prior to your operation. Please ask any questions you may have.

Before Your Surgery:

1. If your commute is greater than one hour, please plan in advance to stay the night in Lexington.
2. Arrange to take at least 3-5 days off of work. Please keep in mind that time off work varies per individual.
3. Do not make any unnecessary travel plans for 2 weeks following your procedure.

Night Before/Day of Surgery:

1. Wear comfortable clothes such as loose fitting pants and a button down top. Avoid tight clothing.

Medications for Your Surgery:

1. Home medications
 - ☐ Continue taking:
 - ☐ Stop taking ___ weeks prior:
2. Please avoid taking aspirin, vitamin E, red wine and NSAIDS (ibuprofen, Motrin, Advil) two weeks prior and two weeks after your operation. These medications inhibit your body's ability to stop bleeding easily.
3. It is okay to take Tylenol instead. Please keep in mind that the maximum amount of Tylenol that is safe to take in a 24 hour period is less than 4 grams.
4. You may purchase Arnica tablets to use for postoperative swelling and bruising. It is beneficial to begin taking tablets 2 weeks prior to your procedure.

After Your Surgery:

1. Your incisions are closed with nonabsorbable suture. Please do not trim or remove any sutures. Any suture removal will be handled at office visits by the appropriate staff. The sutures are secured using tapes. Do not remove them. If a tape begins to fall off, call the office.
2. You can expect a small drainage for the first day.
3. Please do not take hot showers, as that will increase swelling. You may pat your face with a wet cloth. Do not rub your eyes.
4. Sleep on your back for the first few days with the head of bed elevated.
5. While preparing for surgery and during your healing, it is important to maintain a healthy diet full of fruit, vegetables and lean meats. Processed or fast foods are not advised and will increase swelling.
6. At 1 week, light exercise such as walking can begin. It will be 2 weeks before heavy exercise such as weight lifting and intense cardio can be reimplemented.
7. Bruising and swelling is expected and can last for a couple of weeks.
8. The final result of your surgery will be judged at 3-6 months.

Follow-up Appointments

1. We will see you for a postoperative appointment the day after your surgery.
2. You will have weekly appointments as you heal for 4 weeks.
3. Subsequent appointments are made at the discretion of Dr. Gerstle, up until 6 months.