



Pre-Operative Instructions for Blepharoplasty Patients

Please report to the office no later than _____ on the day of surgery (_____).

Do not take Advil, Motrin, blood thinners, aspirin or aspirin by-products for 5 to 7 days before the procedure. (Products such as Alka Seltzer, Anacin, Bufferin, Excedrin, Darvon Compound, Fiorinal may contain aspirin.) Tylenol is acceptable.

Do not eat or drink anything after midnight the night before **or** the morning of your procedure. Do not chew gum, or have mints, or eat candy. Your surgery **will be cancelled if you fail to follow these instructions.** (You may take any daily prescriptions that must be taken in the morning, however, please take them with as little water as possible.)

Stop all dietary supplements (i.e. vitamins, herbal remedies, etc.) for two weeks before your procedure.

If you smoke, you must stop smoking for two weeks before and for two weeks after your procedure.

Shower well the morning of your surgery and thoroughly clean your skin with soap and water. If you use spray on self tanner please avoid using for one week prior to surgery and remove residue with alcohol the morning of your surgery.

Do not use any cosmetics or lotions on your face the morning of your surgery. Do not use any hair products the morning of your surgery.

If you wear contact lenses do not wear them the day of your surgery. **Do not** wear contact lenses until after you see Dr. Shektman at your first post-operative follow up appointment.

Wear comfortable clothes and low shoes, i.e. a top that zips or buttons up the front, sweatpants and sneakers. Please leave all jewelry at home including all body piercings.

You **must** have someone accompany you to the office the day of your surgery. This person must remain in our office (or the surrounding area) and be available to pick you up after the procedure. You **cannot** be driven home by cab unless an adult friend or family member is with you.

Arrange for someone to assist you at home for two to three days after the procedure. You should avoid cleaning, cooking, straining or lifting anything over five pounds.

You will need to take five to seven days off work to recuperate. If your employment requires any physical/exertional duties (lifting objects of five pounds or more, bending, etc.), you may need to take more than seven days off.

Failure to cancel your surgery within **15 business days** will result in the loss of your \$250.00 surgery deposit.

These instructions have been reviewed with me and I understand my obligations prior to surgery. I also understand that failure on my part to follow these instructions will result in the cancellation of my surgery.



**Wellesley
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Post-Operative Instructions for Blepharoplasty Patients

The most important thing you can do after the procedure is to make sure that you get enough rest.

Please read the medication information that is provided to you with this packet. It is extremely important that your medications be taken **exactly** as prescribed.

For the first two to three days after your surgery, please refrain from **all** strenuous activities.

Do not lift anything heavier than five pounds.

Please try to avoid coughing or sneezing as much as possible.

You can apply ice to both eyes but make sure that the ice is wrapped in a towel. You can substitute bags of frozen peas for the ice. Keep the cold pack on the eyes for 30 minutes and then remove for 30 minutes.

You may shower 24 hours after your surgery, however, please make sure that the water pressure is not excessive and that the water stream does not hit your eyes directly. It is okay to wash your face with soap and water **or** a non-soap cleanser. Make sure that you wash very gently around the eyes.

It is okay to apply make-up to the face 24 hours after surgery, however, **do not** apply any make-up such as eye shadow or eyeliner, or mascara to the lashes or eyelids.

Call the office if you experience any of the following symptoms: pain in one eye that is greater than the other, an excessive amount of swelling on one side versus the other, problems with vision in one eye versus the other, or excessive bleeding from the eyes.

If there are any questions or concerns, contact the office at (781) 239-0680. Dr. Shektman can be reached 24 hours a day.

Certified by the American
Board of Plastic Surgery

Facility accredited by the Joint
Commission on Accreditation
of Healthcare Organizations