

Eyelid Surgery Information

The purpose of cosmetic surgery is to make you look as good as you can look. If you are expecting a transforming miracle from surgery, you could be disappointed. Plastic surgery is a combination of art and science – it is not an exact science because some of the factors involved in producing the final result, such as the healing process, are not entirely within the control of either the surgeon or the patient. Dr. Rhoad takes care to gently handle the tissues of your eyes to minimize swelling and bruising so that you can return to your normal activities as soon as possible.

There are some things that YOU can do to help get the greatest benefit from your surgery.

Before surgery:

1. **AVOID** taking **Aspirin, Ibuprofen, supplemental Vitamin E, and Gingko Biloba** or products containing these products for 3 weeks prior to surgery and at least 2 weeks following surgery. These medications interfere with clotting and could cause excessive bleeding and bruising.
2. If you smoke, **STOP completely for at least 3 weeks prior to surgery and 3 weeks after surgery.** Smoking causes delayed and poor healing because it diminishes blood circulation, which is critical to the healing process.
3. **No travel by air** for 2 to 3 weeks, depending on your progress. Air pressure changes can cause complications.
4. If you wear contact lenses, check with the doctor before wearing again after surgery. Most patients find it uncomfortable to wear contacts until the swelling is gone (about 3 weeks).
5. Wash your hair the night before your surgery because it may be several days before you will be able to wash it again. When told it is okay after surgery to wash your hair do not wash with your face down – stand in shower and wash it.
6. On day of surgery plan to have someone drive you to and from, and to stay with you the first night.

After surgery:

1. Elevate your head at all times. Sitting or slightly reclined is best to reduce swelling.
2. Apply a thin line or “ribbon” of Lacrilube ointment to each lower eyelid margin (the area just above the eyelashes and next to the eyeball) before resting or sleeping. Blink a few times and allow the ointment to cover the eyeball. This will prevent the eyeball from drying out (and feeling itchy and red) when you wake up.
3. On awakening, rinse out each eye with Eye Irrigant to remove any remaining ointment that may be blurring your vision.
4. Apply chilled Tucks to closed eyes to help reduce swelling.
5. Apply a cold compress to your eyes to also reduce swelling and discomfort. This can be done over the Tucks.
6. Take your pain medication prescription to pharmacy and also pick up additional medications that will be called in for you. Bring all of these with you the day of surgery.
7. **REMEMBER: YOU WILL BE SWOLLEN** and this will increase the first 3 days then begin to subside. **YOU WILL HAVE BRUISING.** This will take 1 to 3 weeks to resolve.
8. Sutures will be removed between 2-5 days after surgery.
9. Make-up may usually be applied 3 days after all sutures are removed.

Any questions: please call the office 512-476-9149 or Dr. Rhoad's cell 512-917-9287. May text also. We want you to feel informed and confident.

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Facelift Surgery Information

After surgery:

You will have your antibiotic and pain pill prescriptions prescribed for you prior to the surgery. Continue to take them as directed on the label and take them with food. Call Dr. Rhoad if any of the medicine disagrees with you (i.e. nausea). Tylenol may be taken on an empty stomach if needed.

Following your procedure, you will be given the proper dressings around your head for support and to hold cold compresses.

In general, you should rest or do quiet things the first several days.

- Remain in an upright position as much as possible to help prevent swelling (a recliner is perfect for this).
- An ice bag or gel pack can be used around the face for comfort and to minimize swelling (alternate 20 minutes on/off).
- Foods should consist of soft foods (i.e. jello, custards, eggs, juices, etc.). The idea is to minimize the amount of chewing and movement around the face.
- No salty foods
- No driving until Dr. Rhoad tells you it is allowed.

Any questions or concerns, do not hesitate to call or text Dr. Rhoad.

Office 512-476-9149

or if after office hours: Cell 512-917-9287