

Preparing for Your Ptosis Surgery

Your surgery is scheduled for _____ at _____.

**** Our office will call you with the arrival time 2 days prior to surgery****

If you are unable to keep your surgery, please inform the office **3 weeks** in advance to avoid a \$200 cancellation fee.

Before your surgery:

- Please arrange for an adult to accompany you home and be with you for 24 hours after your surgery.
- Tell your doctor if you have any cold sores or infection.
- Do not take any blood thinners for 2 weeks prior to surgery, including aspirin, ibuprofen (Advil), naproxen, fish oil and vitamin E (see complete list attached), OR as instructed by your doctor
- If you live more than 30min away, please have small ice packs with you to start cold compress right away.
- Majority of people have 2 weeks of swelling and bruising, however, some people may require longer for the swelling and bruising to subside.
- No exercise, swimming or hot tub for 1 week after surgery. It is ok to use your eyes immediately for reading, television, computer work.
- Take your regular medication (except blood thinners) the day of surgery.
- Pick up your medication from your local pharmacy and bring them with you on the day of surgery.

On the day of surgery:

- Remove all make-up, false eye lashes, and jewelry
- Do not wear contact lenses. Bring glasses with you.
- Please bring someone to help you translate if you don't speak English.

Care After Your Ptosis Surgery

Follow-up with Dr. Yin on _____.

Restart blood thinners (plavix, coumadin, aspirin) on _____.

Apply Tobradex eye ointment to stitches or operative eyes 2x a day for 2 weeks

Please call the office immediately if you have:

- Temperature of 38°C or greater
- Any unusually painful swelling
- Any bleeding soaking more than a 4x4 gauze
- Any pus draining from incision site
- Pain that is not relieve by medication
- Any bulging of your eyeball
- Any sudden drop in vision

Apply cold compress (4x4 gauze in bowl of ice and water and wring out) to both eyes for 20min every hour for the first 2 days when awake.

Sleep on your back with 2-3 pillows or in recliner for the first 2 days.

You can wash your face lightly with gentle cleanser and water, avoiding the area of the sutures. Pat dry.

Do not wear contact lens or eye makeup for 1 week after surgery.

Use artificial tears up to 6 times a day for symptoms of dry eye after surgery.

No bending below the waist or lifting anything >10lbs for first week.

If you have steri-strips on your incision, do not try to peel it off. It is ok to get it wet but allow it to fall off on its own.

Take extra strength Tylenol for pain. Do NOT take aspirin, ibuprofen or vitamin E products for 5 days after surgery.

Avoid sunlight to your incision. Wear sunglasses and sunscreen with at least 30 SPF protection.