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Facial Plastic and Reconstructive Surgery
Otolaryngology – Head and Neck Surgery
Center for Facial Paralysis
Providence Medical Group
www.washingtonplasticsurg.com

Important phone numbers:

1. Providence Regional Medical Center Everett: (425) 261-2000
2. Providence Mill Creek ENT Clinic: (425) 316-5100
3. Providence North Everett ENT Clinic: (425) 297-5350

EYELID WEIGHT PLACEMENT
BEFORE AND AFTER YOUR SURGERY

Thank you for choosing Providence Facial Plastic and Reconstructive Surgery for your care. Please follow these instructions for care of your wound. Do not hesitate to let us know if you have any questions.

Before your operation:

1. Do not take any of the following medications for 4 weeks prior to surgery:
 - a. Aspirin (unless it is a 81 mg dose required by your primary care provider)
 - b. Advil containing compounds (Motrin, Alleve, etc.)
 - c. Herbal supplements (Ginko, Ginseng, Garlic, etc.)
 - d. Fish oil
 - e. Vitamin E
2. Do not smoke for at least 6 weeks before AND after surgery. This includes tobacco, marijuana, cigars, pipes, etc.
3. Do not drink alcohol for 7 days before surgery.
4. Make sure to purchase a few things over the counter:
 - a. Aquaphor®
 - b. Gauze pad
 - c. Cotton tipped applicators
 - d. Ice packs
 - e. Hydrogen peroxide
5. Avoid sun damage 4 weeks before surgery.
6. Arrange for someone to take you home from the hospital or clinic. You will not be permitted to drive or leave alone.

On the day of the operation:

1. Leave valuables at home, and do not wear jewelry.
2. Do not wear facial or eye make-up.

3. Avoid nail polish.
4. Glasses are ok, but do not wear contact lenses.

Specific aftercare instructions:

1. Apply ice packs to the eyelid as much as you can for the first 3 days. Try to do 20 minutes with the ice packs on and then 20 minutes with the pack off. After 3 days, apply ice packs 20 minutes at a time, 4 times a day for 4 more days.
2. Sleep with you head of bed elevated (usually 3-4 pillows under your head) or on a recliner. This will help with swelling.
3. Sutures usually start to dissolve around day 10, or can be removed if Dr. Bhama uses non-absorbable suture, they will be removed around day 7 after surgery.
4. You may shower and wash your hair and face 48 hours after surgery, but be very careful around the eye.
5. Apply antibiotic ointment to the incision line three times daily for 7 days.
6. Do not wear makeup around the eyes for 4 weeks after surgery.

Activity:

1. No strenuous activity for the first 10 days after surgery. You can walk if you are able.

When to call the office/hospital:

1. Sudden loss of vision
2. Fever greater than 101 F
3. Nausea and vomiting
4. Large amounts of bleeding
5. Sudden severe or increasing pain