



Dr. Stuart Geldenhuys
PLASTIC SURGEON

UPPER BLEPHAROPLASTY - PERI-OPERATIVE INSTRUCTIONS

BEFORE YOUR SURGERY:

ARRANGE TO HAVE A RESPONSIBLE ADULT STAY WITH YOU THE FIRST EVENING AFTER SURGERY. YOUR PROCEDURE WILL BE CANCELLED IF YOU DO NOT HAVE ASSISTANCE. (ALTERNATIVELY YOU CAN BE ADMITTED TO THE 'TCSI' OVERNIGHT CLINIC)

ALCOHOL

No alcohol is permitted for 48 hours before surgery.

DIETARY REQUIREMENTS

Be well nourished, hydrated and rested before your surgery. Avoidance of carbohydrates and saturated fats prior to and after surgery assists with reducing swelling.

MEDICATIONS

Please consult Dr Geldenhuys before discontinuing any chronic medications.

Many over the counter products and medications can inhibit blood clotting which can increase the risk of bleeding during and after surgery.

Medications most commonly implicated include those containing Aspirin & Non-Steroidal Anti- Inflammatories (e.g. Voltaren, Brufen). They should be discontinued 2 weeks prior to your procedure.

Avoid Arnica, Omega oils, Vitamin C, E and all herbal medications (Echinacea, Ephedra, Garlic, Ginseng, Ginkgo, Kava, St.John's Wort, and Valerian) 1 week prior to surgery.

Please ask us for a more comprehensive list if you take any additional herbal supplements/ medications.

ADDITIONAL PRECAUTION & ADVICE

Report any infections; signs of a cold, flu, sore throat, fever, skin (boils, bites scratches etc.), urinary tract or dental. These may increase the risk of surgical site infections or pneumonia and may necessitate delaying your surgery for a few days/ weeks.

Obtain any desired "comfort items" that will facilitate a pleasant environment for your recovery; music, comfortable clothing, pillows, healthy pre-prepared meals.

Avoid sun/tanning beds for two weeks prior to surgery. 'Sunburn' will result in your surgery being cancelled.

Please contact the office PRIOR to your surgery if you have any questions, do not save questions for the morning of your surgery.

THE DAY OF SURGERY:

- You may have a light breakfast on the morning of your surgery; IF THIS IS THE ONLY SCHEDULED SURGERY.
- If you need to take chronic medication during this time, do so.
- On arrival at the clinic you will be offered a pre-med to make you more relaxed and calm for the procedure.
- If you choose to have it under conscious sedation (as to be discussed with Dr Geldenhuys) you will have an intravenous line put up through which your medication will be administered.
- Dr. Geldenhuys will see you in the ward before surgery.
- Wear loose comfortable clothing and flat shoes. Front opening garments, avoid pullover clothing.
- Wash (your whole body, face and hair too) with the medicated soap (which is given to you @ pre- op) on the morning of your surgery.
- Do not apply make-up, foundation, hair products or nail polish after washing.

WHAT TO BRING WITH YOU:

- ✓ Any current and chronic medications.
- ✓ Medical Aid membership card
- ✓ ID Document
- ✓ Credit Card or other agreed means of payment
- ✓ Toiletries if required.

WASHING

Medicated soap will be provided for you to use at home on the morning of your operation. This is to be used for both body and hair.

PRODUCTS

Do not apply make-up, perfume/deodorant, nail polish or hair products after washing.

JEWELRY

Remove all jewellery.

CLOTHING

Wear loose, comfortable clothing and footwear. You should wear front opening garments with buttons or zips.

POST-OPERATIVE INSTRUCTIONS:

DO NOT BEND FORWARD : For the first week, this will increase your risk of bleeding and swelling.

MOBILITY

- Have someone drive you home after surgery, and to your follow up appointment two days later.
- You will be able to resume driving after a few days, please confirm with Dr. Geldenhuys post op.
- Sleep with your head elevated (45deg or 2 pillows) on your back for several days to minimise swelling.

ACTIVITIES AND PERSONAL GROOMING

Return to normal activity should be a gradual process and should never cause discomfort. Stop if you are uncomfortable!

- Avoid any activities that may raise your blood pressure, i.e. lifting anything heavy or straining.
- Keep activities to a minimum for 3-5 days
- Return to normal activity should be a gradual process and should never cause discomfort. Stop if you are uncomfortable!
- Avoid exercise for 3 weeks
- Wait at least 3 weeks before wearing contact lenses
- Wait at least 3 weeks before wearing eye makeup
- No tweezing of eye brows for 3 weeks
- You may shower and wash your hair 48 hours after your surgery but DO NOT immerse, soak or let the water strike on the incision directly.
- Only use a blow dryer on a COOL setting.
- Use facial wipes or a face cloth to wash your face for the first few days, avoid the suture line completely.

COOLING

- Cold compresses help minimise swelling and bruising.
- Use a bowl of ice cubes with gauze , continuous for 2 days, then intermittent for another 3 days.

- Usually most swelling resolves over 2/3 days.

ARNICA & LIGHT THERAPY

- Optional - You may take Arnica (2 hourly) which is a homeopathic remedy to aid in reducing your bruising and swelling post-operatively.
- Red light (Omnilux) Therapy can assist reducing swelling and bruising. This will be discussed during your pre-op consultation.

OINTMENT

- Apply ointment (given after surgery) 4 x a day with clean hands over the micropore tape that covers your incision line.

SWELLING & BRUISING

- This is difficult to anticipate as this differs from person to person.
- We find that with upper eyelids most settle completely after 2 weeks.
- You may experience temporary swelling and tightness of the eyelids, bruising, dryness, burning and itching of eyes.
- You may also experience temporary tearing, numbness and sensitivity to light, these symptoms are all normal and should not last very long.

EYE DROPS

- If you experience dry, 'scratchy' or irritated eyes, please contact Dr Geldenhuys who will prescribe lubricating eyedrops.

BLEEDING

- If you bleed from one of the suture lines, apply gentle pressure with gauze for 10 – 20 minutes, and it will almost certainly stop.
- Continue cooling eyelids, remain elevated and limit mobility. If blood is stuck in the suture line, do not worry, we will clean it at your next appointment.
- If the bleeding does not stop, contact Dr Geldenhuys immediately.

SUTURES

- Removal of sutures will be done @ approximately between 5 and 10.

SUN

- Scars take at least one year to fade completely.

- During this time, you must protect them from the sun.
- Wear a sunscreen with a skin-protection factor (SPF) of at least 30 at all times when outdoors.

CYSTS

- Sometimes one can develop very small inclusion cysts, near the suture line.
- This can happen in the first weeks to a few months following surgery.
- This is not uncommon and very easily managed during a post op visit.

DIET

- Fluids are critical following surgery. Hydrate yourself with non-carbonated and non-alcoholic beverages. Be sure to drink plenty of water and fresh juices.
- Have nutritious food and eat if you are taking medications.

CALL THE ROOMS (021) 424 5218 IF YOU HAVE:

- A temperature greater than 37°C.
- Bleeding from the incision sites.
- Any questions regarding your care.