

# Blepharoplasty & Ptosis Surgery

## Pre-Operative & Post-Operative Care Instructions



### Before Surgery

1. Pick up prescription for antibiotic ointment before surgery. After surgery, apply a thin film across the stitches 3x day. It's okay if ointment gets into your eyes, however it will blur your vision. If it's too bothersome, you may apply it only at bedtime.
2. Stop blood thinning medicines and supplements seven to ten days before the surgery with permission from your primary care doctor. You may resume 3 days after surgery.
3. Arrange for a ride home after surgery, as you will not be able to drive for 24 hours.
4. Bromelain is an enzyme contained in pineapple that lessens the time and amount of bruising. If desired, consume 1/4 to 1/3 of a fresh pineapple daily, to limit bruising. Begin eating fresh pineapple 3-4 days before surgery and continue until bruising and swelling has dissipated. If you don't like pineapple, you can purchase Bromelain in a supplement form at many local stores. It is not beneficial to do both.

### Day of Surgery

1. Apply ice to lids at least 15 minutes every waking hour for the first 24 hours after surgery. Ice may be in the form of crushed ice, frozen peas/corn, or refreezable ice packs. Always have a moist, clean cloth between the ice and your skin.
2. Expect some oozing of blood through the wounds for the first 24 hours. If bleeding occurs, place a clean, wet cloth over the area and hold constant pressure for ten minutes. If bleeding persists, call Dr. Sneed at 231-947-6246 or 231-935-5000.
3. Sutures are fragile — do not rub or pull loose ends.
4. Tylenol, or Extra Strength Tylenol as needed for discomfort. If pain is intolerable, call Dr. Sneed.

Please see reverse for more information. If you have any questions, please call GTOC at:  
1-800-968-6612 or 231-947-6246. Visit us on the web at [www.gtoc.net](http://www.gtoc.net)

*Continued* ▲

929 Business Park Drive  
Traverse City, Michigan 49686  
231.947.6246 • 800.968.6612

511 Ashmun St.  
Sault Ste. Marie, MI 49783  
906.635.9802 • 800.824.2711

2061 M-119  
Petoskey, MI 49770  
231.487.2020 • 866.407.2020

See for yourself. [www.gtoc.net](http://www.gtoc.net)  
  
GRAND TRAVERSE OPHTHALMOLOGY CLINIC

## After Surgery

- You must have someone drive you home after surgery.
- Decreasing vision, persistent bleeding, increasing pain and extreme swelling are unusual symptoms.  
If any of these occur, call:  
Dr. Sneed at **231-947-6246** or **231- 935-5000**.
- Expect to be bruised and swollen for at least 2 weeks.
- Time off work is a personal choice but not necessary.
- Avoid swimming and/or hot tub use for two weeks after procedure. Showering is fine.
- Use artificial tears four times a day if eyes feel irritated.
- Avoid swimming and/or hot tub use for two weeks after surgery. Showering is fine. You may resume make up on eyelids (along the suture line) 2 days after sutures are removed.
- Resume non-strenuous, normal daily activity as desired.

## Aesthetic Services

Free skin care consultation with Kimberly Hope, R.N. or make up consultation with Nancee Sexton-Stone, Medical Aesthetician, within three months of your procedure. Both Kim and Nancee will help you to prepare your skin for surgery as well as help you to maintain the changes you have achieved from surgery.

15% discount on all aesthetic department products, available within 3 months of your procedure.

**Teoxane® RHA Deep Repair Balm (\$80)** may be used to help prepare your skin for surgery and help your skin heal after surgery. Hyaluronic Acid is nature's ultimate hydrator. This Teoxane® product also has antioxidants, anti-inflammatories, and arnica. Unlike traditional moisturizers, which act as a barrier by entrapping water temporarily, RHA enables cells to retain and attract moisture thereby continuously hydrating the skin.



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The **RHA Eyes Advanced Eye Contour serum (\$100)** can help reduce puffiness and dark circles around the eyes.  
[www.teoxane.com](http://www.teoxane.com)



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**SKIN<sup>3</sup>** contains NEW DermaTriPlex™ technology (exclusive combination Novasome®, RHA Resilient Hyaluronic Acid® and TruCollagen™). Significantly improves the appearance of skin smoothness, fine lines and wrinkles within 14 days. Products are non comedogenic.



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The **Rapid Eye Restore (\$110)** helps reduce fine lines and dark circles around eyes. **Apply to skin around eyes and face in the morning, daily.**  
[www.alphaeon.com/beauty](http://www.alphaeon.com/beauty)

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*jane iredale*  
THE SKIN CARE MAKEUP®

The Jane Iredale Mineral Cosmetic® line is a blend of minerals and pigments that allow the skin to breathe while providing excellent coverage as well as sun protection. Hide under eye circles, redness bruising and hyperpigmentation (brown spots). Foundations will need to be color matched to your current overall skin tone when purchasing this kit.

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