

**ARMEN VARTANY, M. D.**  
Certified, American Board of Plastic Surgery  
**116 South Buena Vista Street**  
**Burbank, California 91505**  
**(818) 500-0823**

## **INSTRUCTIONS FOR EYELID SURGERY**

### **BEFORE SURGERY:**

Do not take aspirin, Excedrin, Ibuprofen, Motrin, Advil, Aleve or any other non-steroidal anti-inflammatories, for two weeks prior to surgery and for one week after surgery. These medications interfere with normal blood clotting. You may take Tylenol, if needed, for minor aches.

Purchase a large bag of frozen green peas or corn and one box of snack size Ziploc bags. Fill six-eight of these bags with the frozen vegetables and place them in the freezer. These will be used immediately after surgery for cold compresses on the eyes and cheeks to decrease the bruising and swelling.

If you develop any signs of fever, infection, pustules, or a cold, please notify the office.

Beginning 2 days prior to surgery, begin taking the Arnicare provided by our office. Follow the instructions provided with the kit (5 pills, under the tongue, 3 times/day).

Eating fresh pineapple may help to reduce pain and swelling associated with your surgery. Avoid pineapple if you have an allergy to pineapple or cardiac arrhythmia.

The night before surgery, wash your face, neck, and ears with an anti-bacterial soap (Dial, Safeguard, Phase III, etc.). Shampoo your hair, as well.

You may brush your teeth the morning of surgery, but have nothing to eat or drink after midnight the night before surgery. If your surgery is being done in the office, you may have a light breakfast in the morning. If you take any medications for blood pressure or your heart, please take them with a sip of water as scheduled.

Do not wear make-up, nail polish or jewelry on the day of surgery.

Please wear a loose fitting, button up garment, that will not require being put on over the head. Do not wear pantyhose, boots, or girdles.

If you wear contact lenses, be sure to bring a case and solution as your contact lenses will need to be removed prior to surgery. You will be able to put your contact lenses back in approximately two days after surgery.

Please park on the second floor of our parking structure. This is the level that you will be discharged on.

When you arrive for surgery, you will advise the facility who is to be called to take you home. Once you have been transitioned to the recovery room, your designated ride will be contacted. Your ride will need to arrive within 30 minutes for instructions and discharge.

You **must** have someone spend the first night with you.

If you have any questions, prior to surgery, please call the office any time.

«Person\_First\_Middle\_Last»

## **AFTER SURGERY:**

You are to go directly home and remain in bed until the following morning. You may have bathroom privileges, but with assistance.

Once you return home, start using cold compresses over the eyelids using the frozen vegetables. Use the cold compresses while awake for 48 hours after surgery. You should allow the compresses to stay on the area in 15-20 minute intervals.

Take medications as directed\*\*. Remember that NO alcohol is permitted while taking your medications.

If your surgery is performed under General Anesthesia:

Upon arrival to your home, you may have small quantities of liquids as desired and/or tolerated. It is advised that you eat a very small amount of pudding or yogurt to coat the stomach prior to taking pain medication. \*\*If you are experiencing any nausea, avoid taking the anti-biotic and/or pain medication until the nausea subsides or until the following day when you may progress to a soft diet. After that, you may eat as desired and/or tolerated. Hot and/or spicy foods may cause additional swelling.

If your surgery is performed under Local Anesthesia:

You may have food and beverages as desired and tolerated after surgery. Avoiding hot or spicy food may help prevent additional swelling.

Swelling and discoloration are expected. Excessive or uneven swelling (more on one side than the other) should be reported to the office immediately.

Keep your head elevated above your heart for two weeks after surgery. Using two, firm pillows while sleeping will help keep your head elevated during the night. Do not bend over; bend at the knees, not at the waist.

Avoid getting overheated, and do not sit out in the sun for at least two weeks. Additionally, avoid any exercise and/or strenuous activity that could potentially elevate your heart rate or blood pressure for four weeks after surgery.

You may get your face wet 24 hours after surgery. Be gentle when cleansing around the eyes and pat dry.

Sutures (if external) will be removed 5 to 7 days after surgery during your first post-operative appointment.

Should you have a question or concern during office hours:

Monday – Friday 7:30am – 6pm (Closed 12pm - 1pm for lunch)

Saturday 7:30am – 4pm (Closed 12pm – 1pm for lunch)

Please call the office at (818) 500-0823.

In the event of an emergency AFTER hours / AFTER surgery:

Please send a text message to (818) 458-0340. Dr. Vartany will respond immediately.