



**\*PLEASE BRING THIS PACKET WITH YOU ON THE DAY OF SURGERY\***

### **Pre and Post Operation Instructions for Blepharoplasty (eyelid Surgery)**

Blepharoplasty is a type of surgery that repairs droopy eyelids and may involve removing excess skin, muscle and fat. As you age, your eyelids stretch, and the muscles supporting them weaken. As a result, excess fat may gather above and below your eyelids, causing sagging eyebrows, droopy upper lids and bags under your eyes. Besides making you look older, severely sagging skin around your eyes can reduce your side vision (peripheral vision), especially the upper and outer parts of your field of vision. Blepharoplasty can reduce or eliminate these vision problems and make your eyes appear younger and more alert.

#### **BEFORE SURGERY:**

- Minimize aspirin, Motrin, Ibuprofen, Advil, Nuprin or any other anti-inflammatory medicine for one week before and one week after surgery. Tylenol is permitted at any time.
- If you take Coumadin or other blood thinners please discuss this with your surgeon.
- Please do not eat or drink anything after midnight the night before surgery, but you may take any prescription medicines the morning of surgery with a sip of water.
- The hospital or surgical center will call you the day before with time and instructions for surgery. Please make arrangements for a ride home after surgery, as you will not be able to drive.

#### **AFTER SURGERY:**

- Take all medications, if any were prescribed as directed. Most post-operative pain can be managed with Tylenol (Acetaminophen)
- **Do not** take aspirin or aspirin-containing pain medications.
- Apply the ointment provided to the incision twice a day. Use sparingly, placing only a tiny amount on the incision lines. As the ointment warms up to body temperature it will thin. Only use the Ophthalmic ointment that has been given to you. If you have crusting you may need to use a small amount of hydrogen peroxide on a cotton tip applicator and gently remove the crusting. If you have been prescribed eye drops use them as directed to keep your eyes moist. It is normal to have a small gap between the upper and lower eyelids after surgery.
- Use cold compresses (crushed ice in a glove or bag or frozen peas/corn) over your eyes for 20-30 minutes six times per day for the first 48 hours. This will minimize the swelling and bruising.
- Your eyes may become fatigued after prolonged reading or watching television. We recommend that you limit periods of use to one hour or less for the first 2-3 days after surgery.
- Do not use contact lenses for at least two weeks. Pulling on the eyelids while inserting or removing lenses may interfere with precise incision healing. Glasses may be used at any time.
- Do not use mascara, eye liner, or eye shadow until approved by us (usually 10-14 days) Minimal makeup applied to any bruising of the lower lid is acceptable at any time, but do not pull on the lids or incisions.
- Any apparent redness of the whites of the eyeball is only a form of bruising, and will subside during the early healing process.

- Do not engage in vigorous exercise or sports for at least 3 weeks or until approved by your doctor.
- You may bath or shower the day after surgery, but do not get your eyes wet.
- If you experience oozing or bleeding along the suture line, do not rub the area. Apply gentle pressure and blot the eye with sterile gauze, holding slight pressure in this area. Remove the compress and then apply ice. This will usually stop any leakage, but if it is excessive please notify the doctor.
- Stitches are removed at different times after surgery depending upon the extent of surgery carried out, type of stitches, and the type and quality of your skin. We will advise you accordingly.
- It is not uncommon to feel slight itching and tightness of the eyelids during the early healing period.
- Try to sleep on your back or side with head elevated on two to three pillows. This will help reduce the swelling after surgery.

## **RISKS:**

Blepharoplasty usually causes little if any post-operative pain. If you:

- notice significant sharp or dull pain which persists or
  - experience any sudden swelling around the eyes or
  - decrease of vision, notify us immediately at 801-328-2522 extension 1409
- As part of the pre-op process, you must be informed of reasonable risks and unexpected complications; even those that are a rarity. You are informed of the following: bleeding, scarring, infection, reaction to anesthesia, airway obstruction, milia, chemosis, granuloma, ectropion, entropion, dry eyes, loss of vision, facial paralysis, and need for further surgery. Please ask your physician or nurse for the meaning of these terms if you have further questions.
  - If you have a fever exceeding 101.0 degree's Fahrenheit please contact us immediately.
  - We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured of our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.

Please call Dr. Gale at **801-328-2522 extension 1409** if you have any questions, problems, or concerns.

## **INSURANCE COVERAGE:**

As a courtesy to our patients, we will check with your insurance company to find out if this procedure is a covered benefit for you. However, you are responsible to verify these benefits and you also are responsible for any co pays, co-insurance and deductibles related to your surgery. Below is the recommended surgery along with the procedure code also known as a CPT code, this is for your records if you were to call your insurance to verify eligibility and authorization.

CPT CODE: 15822 (upper eyelid blepharoplasty) or 15820 (lower lid blepharoplasty)

We will be in contact by telephone after checking these benefits with your insurance to schedule this procedure. Please allow us 48-72 hours to do this. If you haven't heard from us in this time please do not hesitate to reach out to us.

Please note that some procedures, including blepharoplasty, sometimes require additional time to gain approval from your insurance company. Depending on your insurance it may take us several weeks to obtain a guarantee of coverage before we can schedule.

**BILLING:**

Please be aware that all surgical procedures consist of 3 separate bills from - the hospital, surgeon, and anesthesiologist. These are all billed through insurance. If you would like an estimate regarding your out of pocket cost after insurance coverage, we are happy to help you obtain these.

A representative from our office will contact you prior to surgery to let you know your out of pocket cost after insurance coverage for the procedure. They will be collecting this amount from you prior to surgery. If you have any questions for our billing department please contact our billing department manager Tiana at 801-533-0589 Extension 1571

Please Call our office anytime with Questions or concerns, we are always happy to help!

**Derrick Gale MD**

Assistants:

Maty Fish - Medical Assistant

Phone: 801-328-2522 Extension 1409

Fax: 801-533-0589

Eliana Arellano - Patient Coordinator

Phone: 385-226-5577 Call or Text