

# **Kresie & Penzler, M.D.'s PA**

## **Blepharoplasty Dr. Cynthia Penzler**

### **Pre-Op Instructions**

- Check in to outpatient surgery on the first floor.
- Please follow instructions below regarding medications.
- Patients may eat a LIGHT breakfast EARLY in the morning.
- It is advisable to bathe and wash your hair, either the morning of or the evening before surgery.
- DO NOT WEAR ANY MAKE UP OR JEWELRY!!!
- Stop blood thinners and or aspirin products one week prior.

Our office will call one or two days prior to answer any questions and remind you of your surgery. Should questions arise prior, please call our office at (785) 233-0011.

### **Post-Op Instructions**

- Apply ice packs (frozen vegetables work great!) 20 minutes out of every hour for the first 4 to 6 hours; as needed afterwards.
- Feel free to read, watch TV, play cards, ride in a car, or do handwork.
- Participate in GENTLE exercise, such as walking.
- Non-jarring activity will promote healing
- May use hydrogen peroxide on cotton ball to gently clean discharge from eyelids – do not get peroxide in eyes!!
- Don't's
  - Avoid bending over with your head below your waist.
  - Avoid lifting heavy objects
  - DO NOT RUB YOUR EYES UNDER ANY CIRCUMSTANCES!!