

# Laurence A. Kirwan FRCS, Plastic Surgeon

## Instructions for Eyelid Surgery

### Pre-operative Instructions:

1. DO NOT TAKE ANY ASPIRIN PRODUCTS (Such as Ibuprofen or Advil) OR VITAMIN E tablets or gel caps, FOR 3 WEEKS PRIOR TO OR AFTER SURGERY. See also Do's and Don'ts. Aspirin thins the blood, causing bleeding and bruising. Tylenol or Paracetamol may be taken.
2. DO NOT SMOKE THREE WEEKS BEFORE OR AFTER SURGERY. SMOKING HAS A DIRECT EFFECT ON HEALING.
3. DO NOT DRINK ALCOHOL OR CAFFEINE FOR THREE WEEKS BEFORE OR AFTER SURGERY.
4. Shower and shampoo with *Antibacterial Soap* prior to surgery paying particular attention to the head and neck area. Do not apply creams of any kind or deodorant. Do not use spray deodorant at any time.
5. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF SURGERY. The only exception is medication which we instruct you to take with a sip of water.
6. Please wear a zip up top and pull up pants to the office on the day of surgery. Sweats work well. Wear flat shoes – no high heels or sandals. Do not wear makeup, jewelry or panty hose. Remove all body piercings. These guidelines are for your safety.
7. Please have your pre-operative testing results faxed to the office @ 203 853 1862 well in advance of your surgery. Alternatively, send scanned results by e-mail to [drkirwan@drkirwan.com](mailto:drkirwan@drkirwan.com)
8. Ensure that your General Practitioner or private physician has given you a complete physical examination and clearance for surgery and that he has e-mailed or faxed the report to our office along with the results of any pre-operative examinations.

### Post-Operative Instructions:

1. Your surgery will take approximately one hour, and then you will go to the recovery room until you have awakened from the anesthesia. If you are having outpatient surgery, **a responsible adult (over 18)** must drive you home and remain with you for 24 hours after surgery.
2. **You will need to be driven to the follow-up appointment the next day.**
3. After surgery, pressure bandages will be applied to the eyes to help reduce the bruising and swelling. They will be removed after 20 minutes. Most of the bruising and swelling will be gone by the end of 2 weeks. The lower eyelids are swollen for longer than the upper eyelids. All sutures are removed by 4 days. Small tapes on the upper eyelid incisions will come off in the shower after about 7 days. Supportive tapes are applied to the lower eyelids as necessary.
4. You may be instructed to do eyelid exercises after surgery to reduce swelling and increase mobility.
5. Please keep your head elevated as much as possible for 48 hours after surgery, to reduce swelling. Apply cold saline packs or frozen peas or corn in a 'baggy' over a moist pack.
6. Do not put your head below your heart • Do not do any strenuous activity • Do not strain

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during a bowel movement • Do not take pain medication on an empty stomach since it may cause vomiting. All of these factors will raise your blood pressure and may cause bleeding around the eye. If you have bleeding welling up in the eye, apply a cold pack and firm pressure for twenty minutes.

7. You may resume your eye make-up in one week. Lycogel cover-up make-up is available in a variety of shades to match your complexion.

After five years of research and development, U.S. cosmetologist Barry Knapp developed **Lycogel®**, the first **truly breathable, completely safe camouflage and concealer products that oxygenate skin at the cellular level, and are suitable for immediate use after cosmetic procedures.**

Lycogel® uses the unique LYCO2™ technology which contains active ingredients, Live Yeast Cell Derivative (LYCD) and the unique triple-silica gel base which increases the amount of oxygen that reaches the skin whilst disguising, protecting and reducing bruising, blemishes and scars resulting from cosmetic procedures.

Doctors, skin specialists, aestheticians and beauty therapists use Lycogel® Camouflage, because it is the only foundation that has the ability to promote the healing of damaged or postprocedural skin, and is suited for immediate use after cosmetic procedures such as chemical peels, laser resurfacing, plastic surgery or dermabrasion. But Lycogel® Camouflage and Concealer aren't only for those with special makeup needs: they're for everyday use – improving the quality and texture of the skin.



8. After you are dismissed (1-2 weeks after surgery) you will return to the office again for your check-up 4-6 weeks after surgery.
9. If you have any questions, please do not hesitate to call the office @ 203 838 8844 (USA, CT) / or @ 212 838 8844 (UK/NY) and 020 7637 4455 (UK) – after 2:00 pm GMT.