

## Blepharoplasty pre-surgery shopping list/information

### SHOPPING LIST

\*Low sodium foods (high sodium foods will increase your swelling making you more uncomfortable) such as unsalted crackers, graham crackers, reduced sodium soups, jell-o, bananas, rice, bread for toast, etc.

\*If you don't have a recliner at home please be sure to have enough pillows to prop yourself up while sleeping. You will need to sleep elevated for approximately one week after surgery to reduce swelling

\*saline eye drops (your eyes may feel irritated after surgery)

\*baby shampoo (tear free for showering after surgery)

### INFORMATION

\*You need to have a responsible driver/caretaker with you on the day of your surgery. You may not under any circumstances take a taxi/shuttle/bus home from the surgery center by yourself. This is for your own protection and safety. You also need someone to stay with you the night of your surgery to make sure you are okay and to help you remember to take your pain pills. If you arrive to the surgery center without a driver/caretaker, you will not be allowed to have surgery

\*You may not eat, drink, or smoke after midnight the night before your surgery. You also cannot chew gum or have any hard candy or anything in the mouth after midnight the night before. This is extremely important, and we will refuse to perform your surgery if you have not followed these instructions.

\*After surgery you will have white tapes (steri strips) over your incisions and stitches. These need to stay on until your first recheck appointment with Dr. Paulson. If they start to come off, please do not pull on them or try to trim them as this may disrupt the stitches.

\*You will be allowed to shower 48 hours after surgery. When you do so please stand with your back against the water so the steri strips mentioned above don't come off too soon. These will be removed when your stitches are taken out approximately 1 week after your surgery

\*For 1 week prior to surgery you may not take aspirin, advil, ibuprofen, anything herbal, or any multivitamins as all of these can thin your blood causing you to bleed more than usual during surgery (if you have any questions about taking other medications not mentioned please contact Dr. Paulson's nurses at 701-255-3311)