



**RALPH A. MASSEY, M.D., F.A.A.D.**  
DERMATOLOGIC, MOHS MICROGRAPHIC & COSMETIC SURGERY



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## **BLEPHAROPLASTY PATIENT INSTRUCTIONS**

1. *YOUR PROCEDURE* is scheduled for: \_\_\_\_\_ at \_\_\_\_\_.  
Please present yourself to the office at: \_\_\_\_\_.
2. *FOOD / LIQUIDS-DAY OF SURGERY:*  
You may eat solid foods up to six (6) hours before your surgery.  
You should limit yourself to clear fluids (plain tea, clear apple juice, clear soup broth or water) from six (6) hours to up to two (2) hours before surgery.  
You should avoid all oral intake from two (2) hours before your surgery.
3. *ARTIFICIAL TEARS (EYE DROPS):* Before your surgery please purchase a good supply of artificial tears such as “Refresh PM” for the night and “Refresh Tears” for during the day. These will be used for the first week after your surgery to prevent your eyes from getting dry.
4. *MAKEUP / JEWELRY / HAIR SPRAY:* You should arrive for surgery wearing **no** makeup, jewelry, perfume or hair spray.
5. *CONTACT LENSES:* You should arrive for surgery wearing **NO CONTACT LENSES** and you should avoid using contacts for one (1) week after your surgery.
6. *CLOTHING:* Wear baggy, comfortable clothing that you do **not** have to pull over your head, such as old sweat pants and an old shirt that buttons or zips in the front.
7. *ASPIRIN:* Stop taking aspirin or aspirin like products such as Ibuprofen, Advil, Motrin etc. two weeks prior to and for one week after surgery. Tylenol is okay.
8. *SMOKING:* Do not smoke or for at least one week before and two weeks after your surgery.
9. *TRANSPORTATION:* You must arrange for someone to pick you up after your surgery. Under no circumstances should you drive yourself or take public transportation.
10. *MUSIC:* You may bring a couple of your favorite CDs to be played during your surgery!
11. If you have any questions, please call our office. We would appreciate your calling to confirm your appointment.