



## THOMAS P. McHUGH, M.D.

*Plastic & Reconstructive Surgeon  
Cosmetic, Hand & Laser Surgery*

### **BLEPHAROPLASTY (Eyelid Surgery)**

#### TO MY PATIENT:

*Diplomate, American  
Board of Plastic Surgery*

This is a reminder of things we have discussed today concerning your surgery. Please keep these instructions to refer back to after you have had your surgery. If you have further questions you may call our office at (281) 444-3733 at anytime.

#### THINGS YOU SHOULD KNOW AND DO BEFORE AND AFTER YOUR OPERATION

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Suite 154

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*Board Certified by  
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The American Society of Plastic and  
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Texas Society of Plastic Surgeons,  
Houston Society of Plastic Surgeons,  
American Medical Association,  
Texas Medical Association,  
Harris County Medical Association,  
American Burn Association*

1. **DO NOT TAKE** aspirin or "aspirin type" medications. These medications may cause increased bleeding during surgery. You should do this at least 7-10 days before your operation; however, if you take aspirin prescribed by your medical Doctor **DO NOT** discontinue to take it before checking with him. Tylenol (acetaminophen) is okay to use, as it does not act in the same way as aspirin.
2. If you develop an acute illness, infection or fever prior to your operation, notify my office as soon as possible. "Colds" and other infections can jeopardize your health and the results of your operation.
3. **TOBACCO: I DO NOT** allow smoking during the pre-operative period or post-operative period. It has been demonstrated that tobacco use interferes with blood flow and this could result in un-satisfactory scars.
4. Since your operation involves the face, certain measures will facilitate the procedure. Do not apply make-up on the day of your operation. Ensure that you shampoo your hair the night before your operation. You may shower and shampoo the day after your surgery.
5. Swelling and discoloration is normal, usually lasting for up to two weeks. You may help this by decreasing your activity and keeping your head elevated on pillows while resting.
6. Occasionally we place tapes on the skin around the eyes. These tapes may get wet when you wash your face, but they should stay on until they are removed in the office.
7. Make sure you finish all antibiotics that were prescribed and take pain medication as needed.
8. Please call our office for you follow up appointments. These appointments are very important and should be kept if at all possible.
9. Stitches will be removed in our office approximately 4-6 days after surgery.
10. At the outpatient facility you will receive ice packs (Swiss Therapy) for swelling and discomfort. You may continue to use these as necessary.