

Journey

Pre-operative DO's and DONT's

Inform us about your routine medications and any diseases.

Do not eat or drink anything, including water, after midnight the night before your surgery.

Avoid sun damage two weeks before surgery. While we recommend wearing an SPF 30 or higher.

Wear a zip-up or button up shirt, loose fitting clothing and slip on shoes.



Do not take Aspirin, Alieve, or Ibuprofen. Review the list of drugs containing aspirin and ibuprofen carefully.

Stop smoking for 2 weeks before the surgery, and avoid alcohol consumption one week prior to the surgery.

Do not wear make-up and nail polish on the day your procedure is scheduled.

Do not wear jewelry, contact lenses and remove any piercings on the day of the procedure.



You are about to invest time and money in your treatment abroad. Please follow these instructions carefully. If you have any queries, please do not hesitate to contact your Travel Coordinator or email to info@longevity.co.uk

Recovery Timetable

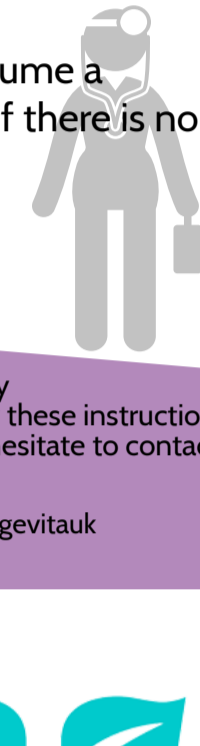
Post-Operative WHAT to EXPECT?

Day 1

Return to hotel.

It is acceptable to take a shower and gently wash your hair after the dressing is removed. Do not scrub in the area of incisions.

Start applying ice to your surgical area.



Day 5-7

Attend check-up appointment!

You can start wearing make up after the first week.

Day 2-5

Activity should be limited to frequent short walks with assistance.

You may resume a regular diet if there is no nausea.



Week 2-4

No heavy lifting, or vigorous exercise until the end third postoperative week.

It is normal to have swelling.

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Expected Discomfort

Post-Operative WHAT to EXPECT?

Discoloration

The development of black, blue, green, or yellow discoloration is due to blood spreading beneath the tissues. In most patients, this is a normal occurrence, which may occur 2-3 days post-operatively.



Nausea and Vomiting

In the event of nausea and/or vomiting following surgery, do not take anything by mouth for at least an hour including the prescribed medicine. You should then sip on flat coke, tea, or ginger ale.



Bleeding

Mild bleeding from the surgical site is not unusual. Mild pressure will control the bleeding.



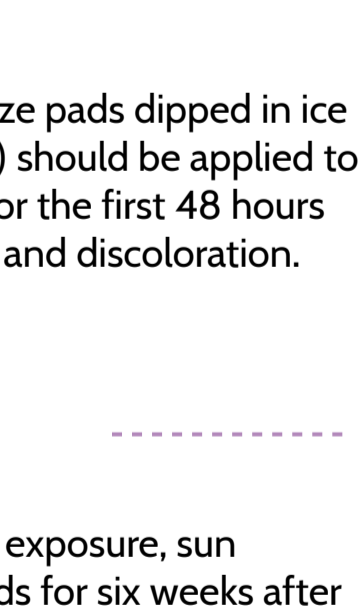
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Expected Discomfort

Post-Operative WHAT to EXPECT?

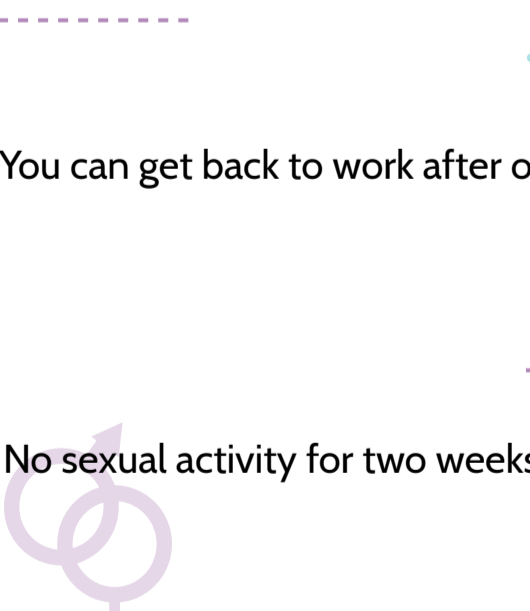
Pain

You will be prescribed a pain killer which can relieve your pain. Pain or discomfort following surgery should begin to subside after the first two to three days.



Depression

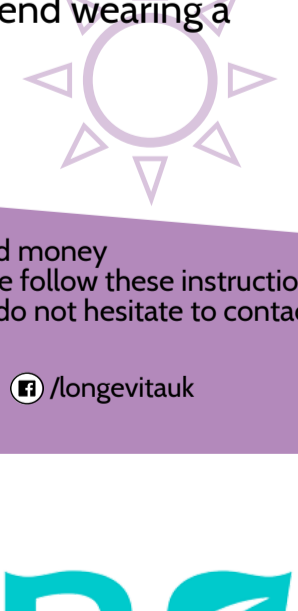
It is normal to feel a bit anxious or depressed in the days or weeks following surgery; but generally, after about a week, you should begin to feel better.



Swelling

Swelling around the eyes and down into the cheeks and face is not uncommon.

Occasionally, the eyelids will swell completely shut. The swelling will rapidly decrease after the first week. The swelling may be minimized by the immediate use of ice packs.



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Personel Care

Post-Operative DO's and DONT's

Incision Care

The skin incision should be washed with soap and water three times per day starting the day after surgery. This should be done very gently and pat dry (do not wipe).

It is fine to shower the day after your surgery.

Hair dryers can be used on a low cool setting to help dry the hair.

After all stitches have been removed, the scars will appear a deep pink color. With the passage of time, they will become less noticeable.



Be Patient!

The healing time for eyelid surgery is often less than expected and the results are worth the wait.

While swelling should be completely gone after 6 months, your healing will continue for the entire first year.

We will follow you through this entire process, do not hesitate to contact your patient relations specialist.

Take Care!



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