

**MOUNTAIN VIEW COSMETIC SURGERY, LLC**  
**ROBERT T. QUINN II, M.D.**  
**2100 NE WYATT CT., SUITE 103**  
**BEND OR 97701**  
**541-317-9555 PHONE**  
**541-317-9561 FAX**

**BLEPHAROPLASTY**

Pre-operative Instructions

1. Do not take aspirin or anti-inflammatory medications for 10 days before surgery, as this will increase the risk of bleeding and bruising. Tylenol is acceptable.
2. Wear comfortable clothing to the office and a top that buttons or zips in the front. Bring a pair of sunglasses to wear home.
3. You may be given a prescription for pain medication that you should have filled prior to surgery. If your surgery is being done in the office bring those prescriptions with you on the day of your surgery.
4. You will need a driver to take you home.
5. A bag of frozen peas works well for cold compresses, you may purchase at a local store.

Post-operative Instructions

1. Rest with your head slightly elevated the first 48 hours.
2. You may use hydrogen peroxide and Q-tips to clean your incision lines. Use approximately every 2 hours the first day and then as needed.
3. Eye lubricant may be used if needed, especially at night and anytime that your eyes feel dry.
4. Frozen pea packs may be used 20-30 minutes and then off for 20-30 minutes the first day, and the next morning. Put moist washcloths over eyes prior to placing the frozen peas.
5. Refrain from bending over the first 48 hours. "Stoop" to reach down.
6. Sutures will be removed in 1 week.