

# Eyelid Surgery Patient Information Pack

Pre operative checklist

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This document is a general guide. Your surgeon may modify instructions based on your individual condition, procedure, and medical history. Always follow the instructions provided at discharge

## Patient details

Name		Date of surgery	TBD
MRN / ID		Surgeon	

## B. What to Expect Before You Undergo Eyelid Surgery

This guide covers preparation, safety checks, consent, insurance expectations, and the typical recovery journey.

### 1) Pre-operative assessment and investigations

Your surgeon will recommend tests depending on your age, general health, and the type of surgery.

- Basic tests complete blood count, fasting/random blood sugar, coagulation profile (PT/INR).
- If you have diabetes: HbA1c and fasting with post prandial sugars if needed.
- If you have cardiac history or are above a certain age: ECG and physician/cardiologist fitness as required.
- If sedation/general anaesthesia is planned: anaesthetist evaluation, as advised.

### Blood thinners, other medicines, and comorbidities

- Tell us about all medicines and supplements (including aspirin, clopidogrel, warfarin, newer anticoagulants, vitamin E, fish oil, and herbal products). Some can increase bruising/bleeding.
- Do not stop blood thinners on your own. We will coordinate with your physician/cardiologist to balance bleeding risk vs clot risk.
- High blood pressure should be controlled before surgery; uncontrolled BP increases bruising and bleeding risk.
- Diabetes control improves wound healing and reduces infection risk.
- Thyroid eye disease or dry eye may need optimization before eyelid surgery for comfort and safety.

## 2) Allergies, smoking/tobacco, and healing

- Please inform us of any drug allergies (especially antibiotics, anaesthetic agents, and pain medicines).
- Smoking, tobacco, and nicotine exposure slow healing and increase infection and scarring risk. Ideally stop at least 4 weeks before and 2-4 weeks after surgery.
- Alcohol may worsen swelling and bruising; avoid for 48 hours before and after surgery unless advised otherwise.

## 3) The consent process

We will explain your diagnosis, goals, the planned procedure, alternatives, and expected outcomes.

- We will discuss common temporary effects (swelling, bruising, dryness, tightness, asymmetry during early healing).
- We will discuss risks specific to your procedure (bleeding, infection, scarring, under/over-correction, need for revision, and rare vision-threatening complications).
- You will have time to ask questions and decide. You may choose to proceed, defer, or seek another opinion.

## 4) Insurance guidance and expectations

- Functional surgeries (e.g., ptosis causing visual obstruction, entropion/ectropion, reconstruction after tumors/trauma) may be eligible for insurance coverage depending on your policy.
- Cosmetic procedures (aesthetic blepharoplasty, brow lift, fillers/Botox for appearance) are usually not covered by insurance, but can be based on the insurance policy.
- Our team can help with required documents (clinical notes, photographs when appropriate, operative notes, and itemized bills). Final approval rests with your insurer/TPA.

## 5) What is the surgery like and what is recovery?

- Day-care procedure; you go home the same day.
- Anaesthesia: local anaesthesia (with or without mild sedation) is common; general anaesthesia may be needed for selected cases.
- Duration: typically 30-120 minutes depending on the procedure.
- Immediately after: swelling, bruising, and mild discomfort are expected. Vision can be blurry from ointment/tearing.
- Recovery: most patients resume desk work in 3-5 days depending on bruising and comfort; heavy exercise is avoided for 2 weeks (or as advised).
- Results: eyelids keep refining over weeks. Final results are usually seen around 3 months.

## Practical checklist (the day before and day of surgery)

- Arrange an escort to take you home (required if sedation/GA is used).
- Avoid makeup, contact lenses, and facial products on the day of surgery unless instructed.
- Follow fasting instructions if sedation/GA is planned.
- Wear comfortable clothing; avoid tight collars.
- Bring your medication list, reports, and any insurance documents.
- Stop the medication/supplements as advised in conjunction with your physician.

**Additional notes / procedure-specific modifications**

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