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EYELID SURGERY POSTOPERATIVE INSTRUCTIONS

THE FOLLOWING INFORMATION IS TO HELP YOU THROUGH THE POSTOPERATIVE PERIOD:

Your eyelids may feel tight and throb. This is normal. However, if you have severe pain, call us immediately.

If you have impaired vision, call us immediately.

Swelling and bruising are normal after eyelid surgery. However, if you notice your eyelids expanding significantly after surgery, call us.

AFTER EYELID SURGERY:

1. Keep you head elevated above the heart for 3-4 days.
2. Keep cold packs on eyes for the next 48 hours to reduce bruising and swelling.
3. Do not use contact lenses until approved by your surgeon.
4. Keep your eyelids dry.
5. Apply 2 drops of saline eye drops to the eyes 4 times a day, or more if they feel dry.
6. Wear sunglasses when outside in the sun.
7. NO heavy activity (bending or lifting) for two weeks after surgery.
8. If instructed, apply antibiotic ointment on incisions twice a day.
9. If bandages have been applied, change only as instructed.
10. Bathing instructions per your surgeon.

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Preoperative Information Sheet for Blepharoplasties

Your surgery will take approximately two hours to complete. The surgery will be performed using local anesthesia in the area of the eyelids. An inhaled sedative may also be given on the morning of surgery.

Once the surgery is completed, you will have a bandage and an ice compress across the eyes. It is very important for the first 48 hours after the surgery that you keep an iced compress on the eyelids. Many patients have also attested to the efficacy of using bags of frozen green peas for ice compress. We will leave the final decision up to you.

It is also critically important that you keep your head elevated after the surgery and avoid any heavy lifting or bending over. You will need to continue to limit bending or lifting for the first two to three weeks after surgery.

You will be given a follow up appointment at which time your incisions will be checked. If sutures are to be removed, they will be done at this time. You may have sutures that will stay underneath the skin that your body will dissolve that will not need to be removed.

Remember:

1. Ice times 48 hours as continuous as possible
2. Elevate head at all times
3. Do not bend head down
4. Elevate head of bed 45 degrees

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INFORMED CONSENT FOR BLEPHAROPLASTY SURGERY:

INSTRUCTIONS

This is an informed-consent document which has been prepared to help your plastic surgeon inform you about blepharoplasty surgery, its risks, and alternative treatments. It is important that you read this information carefully and completely. Please initial each page at the bottom, indicating that you have read the page. Sign the last page on the line indicated.

INTRODUCTION

Blepharoplasty is a surgical procedure to remove excess skin and muscle from both the upper and lower eyelids, along with underlying fatty tissue. Blepharoplasty can improve drooping skin and bagginess. It can help improve vision in older patients who have hooding of their upper eyelids. Blepharoplasty will not remove "crow's feet" or other wrinkles, eliminate dark circles under the eyes, or lift sagging eyebrows.

Blepharoplasty surgery is customized for every patient, depending on his or her particular needs. It can be performed alone involving upper, lower, or both eyelid regions, or in conjunction with other surgical procedures of the eye, face, brow, or nose. Eyelid surgery cannot stop the process of aging. If can, however, diminish the look of loose skin and bagginess in the eyelid region.

ALTERNATIVE TREATMENTS

Alternative forms of management include not treating the skin laxity and bagginess in the eyelids by surgery. Improvement of skin laxity, fatty deposits and skin wrinkles may be accomplished by other treatments or surgery, such as brow lift, when indicated. Other forms of eyelid surgery may be needed should you have disorders affecting the function of the eyelid, such as drooping eyelids from muscle problems (eyelid "ptosis"), looseness between the eyelid and eyeball ("ectropion"), or inturning of the lower eyelid causing eye irritation ("entropion"). Minor skin wrinkling may be improved through chemical skin-peels or other skin treatments. Risks and potential complications are associated with alternative forms of treatment.

RISKS OF BLEPHAROPLASTY SURGERY

Every surgical procedure involves a certain amount of risk, and it is important that you understand the risks involved. An individual's choice to undergo a surgical procedure is based on the comparison of the risk to the potential benefit. Although the majority of patients do not experience the following complications, you should discuss each of them with your plastic surgeon to make sure you understand the risks, potential complications, and consequences of blepharoplasty surgery.

Bleeding: It is possible, though unusual, to have a bleeding episode during or after surgery. Bleeding may occur under the skin or internally around the eyeball. Should you develop postoperative bleeding, it may require emergency treatment or surgery. Do not take any aspirin or anti-inflammatory medications for ten days before surgery, as this may contribute to a greater risk of a bleeding problem. Hypertension (high blood pressure) that is not under good medical control may cause bleeding during or after surgery. Accumulations of blood under the eyelids may delay healing and cause scarring.

Informed consent – Blepharoplasty Surgery, continued

Blindness- Blindness is extremely rare after blepharoplasty. However, it can be caused by internal bleeding around the eye during or after surgery. The occurrence of this is not predictable.

Infection- Infection is very rare after surgery. Should an infection occur, additional treatment including antibiotics may be necessary.

Scarring- Although good wound healing after a surgical procedure is expected, abnormal scars may occur both within the eyelid and deeper tissues. In rare cases, abnormal scars may result. Scars may be unattractive and of different color than surrounding skin. There is the possibility of visible marks in the eyelid or small skin cysts from sutures. Additional treatments may be needed to treat scarring.

Damage to Deeper Structures- Deeper structures such as nerves, blood vessels, and eye muscles may be damaged during the course of surgery. The potential for this to occur varies with the type of blepharoplasty procedure performed. Injury to deeper structures may be temporary or permanent.

Dry Eye Problems- Permanent disorders involving decreased tear production can occur after blepharoplasty. The occurrence of this is rare and not entirely predictable. Individuals who normally have dry eyes may be advised to use special caution in considering blepharoplasty surgery.

Asymmetry- The human face and eyelid region is normally asymmetrical. There can be variation from one side to the other following a blepharoplasty.

Chronic Pain- Chronic pain may occur very infrequently after blepharoplasty.

Skin Disorders/Skin Cancer- A blepharoplasty is a surgical procedure to tighten the loose skin and deeper structures of the eyelid. Skin disorders and skin cancer may occur independently of eyelid surgery.

Ectropion/Scleral Show- Displacement of the lower eyelid away from or in a downward direction from the eyeball is a rare complication. Further surgery may be required to correct this condition.

Corneal Exposure Problems- Some patients experience difficulties closing their eyelids after surgery and problems may occur in the cornea because of dryness. Should this rare complication occur, additional treatments and surgery may be necessary.

Unsatisfactory Results- There is the possibility of a poor result from eyelid surgery. Surgery may result in unacceptable visual deformities, loss of function, wound disruption, and loss of sensation. You may be disappointed with the results of surgery. Infrequently, it is necessary to perform additional surgery to improve your results. Additional surgical procedures, such as browlift, may be needed to correct sagging which contributes to upper eyelid problems.

Allergic Reactions- In rare cases, local allergies to tape, suture material, or topical preparations have been reported. Systemic reactions which are more serious may occur to drugs used during surgery and prescription medicines. Allergic reactions may require additional treatment.

Eyelash Hair Loss- Hair loss may occur in the lower eyelash area where the skin was elevated during surgery. The occurrence of this is not predictable. Hair loss may be temporary or permanent.

Delayed Healing- Wound disruption or delayed wound healing is possible.

long-term Effects-Subsequent alterations in eyelid appearance may occur as the result of aging, weight loss or gain, sun exposure, or other circumstances not related to eyelid surgery. Blepharoplasty surgery

Informed Consent- Blepharoplasty Surgery, continued

does not arrest the aging process or produce permanent tightening of the eyelid region. Future surgery or other treatments may be necessary to maintain the result of blepharoplasty.

Surgical Anesthesia- Both local and general anesthesia involve risk. There is the possibility of complications, injury, and even death from all forms of surgical anesthesia or sedation.

HEALTH INSURANCE

If hooding of the upper eyelids interferes with your vision, your health insurance may cover blepharoplasty surgery for the upper eyelids only. Most health insurance companies exclude coverage for cosmetic operations such as the lower-eyelid blepharoplasty. This may require a supplemental fee.

ADDITIONAL SURGERY NECESSARY

There are many variable conditions in addition to risk and potential surgical complications that may influence the long-term result of eyelid surgery. Even though risks and complications occur infrequently, the risks cited are the ones that are particularly associated with blepharoplasty surgery. Other complications and risks can occur but are even more uncommon. Should complications occur, additional surgery or other treatments may be necessary. The practice of medicine and surgery is not an exact science. Although good results are expected, there is no guarantee or warranty, expressed or implied, on the results that may be obtained.

DISCLAIMER

Informed-consent documents are used to communicate information about the proposed surgical treatment of a disease or condition along with disclosure of risks and alternative forms of treatment(s). The informed-consent process attempts to define principles of risk disclosure that should generally meet the needs of most patients in most circumstances.

However, informed-consent documents should not be considered all-inclusive in defining other methods of care and risks encountered. Your plastic surgeon may provide you with additional or different information which is based on all the facts in your particular case and the state of medical knowledge.

Informed-consent documents are not intended to define or serve as the standard of medical care, Standards of medical care are determined on the basis of all of the facts involved in an individual case and are subject to change as scientific knowledge and technology advance, and as practice patterns evolve.

IT IS IMPORTANT THAT YOU READ THE ABOVE INFORMATION CAREFULLY AND HAVE ALL OF YOUR QUESTIONS ANSWERED BEFORE SIGNING BOTH THE BOTTOM OF THIS PAGE AND THE SURGICAL CONSENT FORM.

Patient's Signature

Date

Witness

CONSENT FOR SURGERY OR TREATMENT

1. I hereby authorize **Dr. Jon Bishop** and such assistants as may be selected to perform the following procedure or treatment:

Blepharoplasty
2. I recognize that during the course of the operation and medical treatment or anesthesia, unforeseen conditions may necessitate procedures that those above. I therefore authorize the above physicians and assistants or designees to perform such other procedures that are in the exercise of his or her professional judgment necessary and desirable. The authority granted under this paragraph shall include all conditions that require treatment and are not known to my physician at the time the procedure is begun.
3. I consent to the administration of such anesthetic considered necessary or advisable. I understand that all forms of anesthesia involves risk and the possibility of complications, injury, and sometimes death.
4. I acknowledge that no guarantee has been given by anyone as to the result that may be obtained.
5. I consent to the photographing or televising of the operation(s) or procedure(s) to be performed, appropriate portions of my body, for medical, scientific, or educational purposes, provided my identity is not revealed by the pictures.
6. For purposes of advancing medical education, I consent to the admittance of observers to the operating room.
7. I consent to the disposal of any tissue, medical devices, or body parts, which may be removed.
8. I authorize the release of my Social Security number to appropriate agencies for legal reporting and medical registration if applicable.
9. **IT HAS BEEN EXPLAINED TO ME IN A WAY THAT I UNDERSTAND**
 - A. **The above treatment or procedure to be undertaken**
 - B. **There may be alternative procedures or methods of treatment**
 - C. **There are risks to the procedure or treatment proposed**

I CONSENT TO THE TREATMENT OR PROCEDURE AND ABOVE LISTED ITEMS (1-9). I REQUESTED AND RECEIVED IN SUBSTANCIAL DETAIL FURTHER EXPLANATION OF THE PROCEEDURE OR TREATMENT, OTHER ALTERNATIVE PROCEDURES OR METHODS OF TREATMENT AND INFORMATION ABOUT THE RISKS OF THE PROCEDURE OR TREATMENT.

Patient's Signature

Date

Witness

