

Grupo CHRISTUS MUGUERZA®

Information about:

Blepharoplasty

For International Patients

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Blepharoplasty

Blepharoplasty can be both a functional or cosmetic surgical procedure intended to reshape the upper eyelid or lower eyelid by the removal and/or repositioning of excess tissue as well as by reinforcement of surrounding muscles and tendons.

Blepharoplasty is performed through external incisions made along the natural skin lines of the eyelids, such as the creases of the upper lids and below the lashes of the lower lids, or from the inside surface of the lower eyelid.

Surgical Indications

- The primary indication for upper eyelid blepharoplasty is the patient's desire to improve his or her appearance.
- Upper eyelid skin occludes peripheral vision. If any of the function of upper eyelid is impaired or significant ptosis of the upper eyelid blocks vision.
- To remove excess tissue of the upper eyelid causing functional visual impairment when photographs in straight gaze show eyelid tissue resting on or pushing down on the eye lashes.
- To correct prosthesis difficulties in an anophthalmia socket.
- To repair defects predisposing to corneal or conjunctival irritation: entropion-(eyelid turned inward), pseudotriachiasis-(inward misdirection of eyelashes caused by entropion), ectropion-(eyelid turned outward) and corneal exposure.
- To treat periorbital sequelae of thyroid disease and nerve palsy.
- To relieve painful symptoms of blepharospasm.
- Patient with lower lid bags and/or infraorbital skeletonization.

Suggested studies and indications for case examination

Laboratory Results:

Complete Blood Count (CBC)

History and Physical Medical Records

- Medical History completed by patient (Medical Questionnaire)
- With actual medication (complete type and dose)

Which characteristics discard the patient or makes it high risk patient (cases where additional or special care or procedures will be needed):

Patient discarded by having: medical problems such as glaucoma, myasthenia gravis, active thyroid disease, or unilateral blindness may be contraindications.

High risk patient by having: some medical conditions affecting the eyes and making blepharoplasty more risky are thyroid problems, such as hypothyroidism or Grave's disease, patients with dry eyes or lack of tears, or patients with extremely high blood pressure or circulatory problems.

Criteria for Postponement of Procedure:

- Skin infection, fever, eye infections.

Pre operative tests required:

Complete Blood Count (CBC)

Prothrombin time (PT)

Partial thromboplastin time (PTT)

Instructions before procedure:

- 1) Do not take aspirin, baby aspirin, coated aspirin, aspirin-containing medications (for example, some cold remedies), aspirin-like medications (including many prescription arthritis medications), or ibuprofen and related medications (Motrin, Advil, Alleve, etc.) during the three weeks before surgery. Even one tablet can interfere with blood clotting. Tylenol (or any brand of acetaminophen) may be used at any time.
- 2) If you use prescription "blood thinners" such as Coumadin or Plavix, be sure to discuss this with your surgeon well in advance of your surgery. You will need to follow special customized instructions.
- 3) If you use a separate Vitamin E supplement, stop two weeks before surgery. The small amount of Vitamin E contained in a normal daily multivitamin is not of concern.
- 4) Other common over-the-counter supplements are known to prolong bleeding to a much lesser extent than the above medications, including ginkgo biloba, ginseng, glucosamine/chondroitin sulfate, and any number of herbs. For this reason, try to limit your ingestion of herbal teas or any other over-the-counter supplements not specifically recommended by your general physician.
- 5) Unless you are advised otherwise, continue using all of your regular medications in their normal dosages. If you are diabetic, you may need to adjust your dose of diabetic medicine on the day of surgery. Be sure to talk to your surgeon about this and any other special medications.
- 6) Stop (or at least decrease) smoking and alcohol intake in the three weeks prior to surgery.
- 7) Do not take in any food, fluids, or medicines after midnight unless instructed otherwise.
- 8) Shower and shampoo the morning of surgery. Wash your eyebrows and thoroughly and remove all eyelid cosmetics. Do not reapply cosmetics to your eyelids or face.
- 9) The day before surgery: nothing to eat or drink after midnight

Sample Schedule

Length of Examination: 1.5 hours, outpatient procedure

Sample Schedule:

(3 nights stay at hotel)

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| Day 1 | AM | Departure |
| | 12PM | Arrival to Monterrey |
| | 4PM | Consultation with plastic surgeon at his office |
| | 6PM | Pre op studies at Christus Muguerza Alta Esp. |
| | 7PM | Studies are left at general surgeon's office; confirmation of procedure by phone or in person. |
| Day 2 | 10AM | Procedure takes place; Hospital Discharge after recovery from anesthesia. |
| Day 3 | AM/PM | Hotel stay |
| Day 4 | 10AM | Consultation with Plastic surgeon |
| | 12PM | Patient may depart if cleared by the doctor |

Standard Discharge Instructions

- 1) Following the operation, you'll recover for approximately one to two hours. After surgery, you will want to make sure that you sleep with your head elevated on at least four or five pillows or sleep in a lounge chair.
- 2) A small amount of blood oozing out of the blepharoplasty incision is not unusual.
- 3) The eyes may be somewhat irritated. Also, they may be a little blurry from the ointment that was used during surgery. The eye area may also feel a little tight. This sensation may be a bit uncomfortable, and medication is prescribed for any kind of pain. If there is severe pain, it is important that you contact your physician immediately. If you have any difficulty with your vision, you should also contact your physician right away.
- 4) You may shower and wash your hair but try to avoid getting soap on the incision.
- 5) It's very common to have bruising for the first week, and the bruising usually peaks at the end of seven days. Eye drops can be used for the sensation of dry eyes and for any eye sensitivity to light and wind. These problems may occur for several days to weeks following the procedure.
- 6) The sutures usually remain in the eyelid region for approximately five days. Some surgeons remove the sutures sooner and some later. The swelling and discoloration will subside eventually.
- 7) Most patients go back to work anywhere from a week to ten days following the procedure. Some patients go back to work two or three days following the procedure, depending on how comfortable they feel around their colleagues, since bruising around the eyes will be visible. Some people like to wear dark sunglasses or heavily tinted glasses during this period of time.
- 8) Swelling peaks on the morning after surgery and mostly resolves over the next 7 to 10 days. A small amount, however, may persist for several months.
- 9) The incisions will heal in fine lines, but during the healing process, which takes up to six or eight months, the incisions may be pink in color.

- 10) Moderate normal activity may be resumed, although avoid vigorous bending over or straining for at least three days. If you go outside, wear sunglasses. It is important that no aerobic activity be performed for four to six weeks following the procedure. Light, wind, and other irritants may bother the eyes for a few months following the procedure, and eye drops can be continued to ameliorate this discomfort.
- 11) Application of artificial tears may feel soothing.
- 12) You will be given more detailed verbal and written discharge instructions by your plastic surgeon.

Follow-up Protocol from Remote Provider:

- The patient will be able to call the remote provider to answer any questions.
- Make sure the local plastic surgeon writes a confirmation email to the remote provider about the patient's progress.

How do I get started?

1. Choose your surgeon, package and preferred travel dates. Please contact us if you need any additional information.
2. Fill out the **Medical Questionnaire** and the **Contact Information**
3. You can send them to us by:
 - Email internationalpatients@christusmuguerza.com.mx
 - Fax: +52 81 8155 5151 to Medical Travel Department
 - Mail to the following address:

CHRISTUS MUGUERZA MEDICAL TRAVEL
Carretera Nacional 6501 Col. La Estanzuela
Monterrey, NL, Mexico CP. 64988
4. Please let us know:
 - a) if you have any pictures, tests or studies relevant to your condition
 - b) the physician you selected and
 - c) the date(s) you would prefer to have your procedure done
5. All this information will be reviewed by our medical team to determine if you are a candidate for surgery
6. One of our CSRs (Customer Service Representatives) will contact you to let you know the final review of your case, program a conference call with the surgeon if needed, inform you about travel arrangements and visas, and answer any additional doubts you may have.
7. Make payment and confirm
8. All this information will be reviewed by our medical team to determine if you are a candidate for surgery
9. Your assigned representative will confirm consultation and surgery dates and coordinate with you to make all travel arrangements

Contact Information



Toll Free: 1 866 55 860 70

Direct Phone: + 52 818 174 3519

Fax: +52 81 8155 5151

Email: internationalpatients@christusmuguerza.com.mx

Website: www.christusmuguerza.com.mx

Address: Carretera Nacional 6501 La Estanzuela
Monterrey N.L. México 64988