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## **PRE-OPERATIVE INSTRUCTIONS FOR OCULOFACIAL PLASTIC SURGERY**

You have been scheduled for oculofacial plastic surgery. The following instructions will help to ensure your safest possible surgery and reduce delays in having your surgery performed.

**1. STOP TAKING ASPIRIN, ASPIRIN PRODUCTS (ALKA-SELTZER, GOODY POWDERS, BC POWDERS, ETC.), IBUPROFEN, MOTRIN, ALEVE, FISH OIL, FLAXSEED OIL, VITAMIN E ABOVE WHAT IS IN A MULTI-VITAMIN, AND OTHER MEDICATIONS THAT CAN THIN YOUR BLOOD 10 DAYS BEFORE YOUR SURGERY.** If you need a pain reliever, you may take Tylenol.

2. If you take **Coumadin or Plavix**, please ask your prescribing physician if you can safely stop these medications 3 days before surgery. If you take **other prescription blood thinning medications**, again please see how long these can be safely stopped prior to your surgery.

3. Wear comfortable clothing.

4. Do not wear makeup, particularly eye makeup.

5. On the morning of your surgery, wash your face and hair. Avoid sprays and styling products.

6. If you wear contact lenses these will have to be removed before surgery. Bring a storage case with you and your glasses to wear following surgery.

7. Do not wear excessive jewelry. Do not wear earrings.

8. If you have a heart condition that requires antibiotics before any procedure, please take that medication the day of your surgery.

### **BEFORE SURGERY:**

**No aspirin, Motrin, ibuprofen, Advil, Nuprin** or any other anti-inflammatory medicine for one week before surgery, to minimize bleeding during surgery. Tylenol is permitted at anytime. If you take Coumadin or other blood thinners, please discuss this with your surgeon. If you have having IV sedation or general anesthesia, do not eat or drink anything after midnight the night before surgery. You may take any prescription medicines the morning of surgery with a sip of water. The hospital or surgical center will call you the day before with time of arrival and instructions for surgery. If you are having surgery in the office, you may eat and drink the morning of surgery. Please make arrangements for a ride home after surgery, as you will not be able to drive. No smoking or use of nicotine for three weeks before and three weeks after surgery, as smoking worsens the results of surgery, and dramatically worsens the risks of infections and complications.