Elite Plastic Surgery

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INSTRUCTIONS FOR MINOR ROOM SURGERY

You have been scheduled for eyelid surgery in our office operating suite. The following instructions will help to ensure your safest possible surgery and reduce delays in having your surgery performed.

1. **2 WEEKS BEFORE YOUR SURGERY, STOP TAKING ASPIRIN, ASPIRIN PRODUCTS (ALKA-SELTZER, GOODY POWDERS, BC POWDERS, ETC.), IBUPROFEN, MOTRIN, ALEVE, NSAIDs, FISH OIL, FLAXSEED OIL, VITAMIN E ABOVE WHAT IS IN A MULTI-VITAMIN, TUMERIC, GINGKO, GARLIC, GINSENG AND OTHER SUPPLEMENTS AND MEDICATIONS THAT CAN THIN YOUR BLOOD.** If you need a pain reliever, you may take Tylenol.

2. If you take Coumadin, Plavix, Xaralto, Eliquis, Effient or other prescription blood thinners please ask your primary 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 her 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.
9. Although you will not be given sedation, it is helpful to have someone accompany you to the clinic and take you home after your surgery. If you are given a prescription for Valium, BRING ALL TABLETS WITH YOU, **arrive at the clinic 30 minutes before your**

appointment to sign your consent, then take your first valium to allow it to work. If you take valium, you must have someone drive you home after your surgery.

10. Arrange to leave all personal items and valuables (billfold, pocketbook, eyeglasses, etc.) with the person who accompanies you to the clinic.

11. Postoperatively you may need ice packs for swelling. Small bags of frozen peas, un-popped popcorn kernels or re-freezable gel packs are often most useful for this.

12. For treatment of post-operative bruising, you may want to consider purchasing Arnica Montana and or Bromelain (or fresh pineapple) - both are homeopathic treatments. Our office also sells SILAGEN Arnica Capsules, which is recommended by Dr. Torabi.

