Elite Plastic Surgery

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PRE OPERATIVE INSTRUCTIONS
OCULOFACIAL PLASTIC SURGERY

You have been scheduled for eyelid surgery. 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. If you take Trulicity, Ozempic, Wegovy or other similar medication that works by delaying gastric emptying (for diabetes or weight loss), please stop this medication 1 week before your surgery and start a clear liquid diet the MORNING prior day of surgery to reduce risks of aspiration and death during your surgery as you will be receiving sedating anesthesia for your surgery.

4. Wear comfortable clothing.

5. Do not wear makeup, particularly eye makeup.

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

7. 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.

8. Do not wear excessive jewelry. Do not wear earrings.

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

10. You must have someone drive you home after your surgery and they must remain at the surgery center during your surgery.

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

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

13. It is not uncommon for your TIME of surgery to get changed - EVEN ON THE DAY OF SURGERY! Much less frequently, your DAY of surgery may need to be changed. *This is due to many factors - cancellations, surgical staff availability, anesthesia availability, patient medical priorities, insurance issues, etc..* Please make sure your driver for the day is aware that they will need to be flexible on the timing of arrival to the surgery center.
    a. Also, please be on the lookout for messages from our surgical scheduling staff the week prior to your surgery. We appreciate your patience and understanding in this matter.



14. 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 sells SILAGEN Arnica Capsules, which is recommended by Dr. Torabi.