



Pre-Operative instructions for Eyelid/Plastic Surgery Procedures

1. STOP ALL BLOOD THINNERS PRIOR TO SURGERY – **If you fail to stop blood thinners prior to surgery please contact the office.**
 - **ASPRIN** (325mg or 81mg): **STOP** 7-10 DAYS prior to surgery
 - **FISH OIL, LOVAZA, CASTOR OIL, VITAMIN E OIL, FLAX SEED OIL:** **STOP** 7-10 days prior to surgery
 - **NSAIDS:** *Ibuprofen, Motrin, Aleve, Naproxen Sodium, Meloxicam, Excedrin, Celebrex:* **STOP** 3-5 days prior to surgery
 - **SUPPLEMENTS:** *Turmeric, Ginseng, Gingko Biloba, Garlic (pill form), St. John's Wort:* **STOP** 7-10 days prior to surgery
 - **PLAVIX/CLOPIDOGREL:** **STOP** 7-10 days prior to surgery
You may need to ask your prescribing physician when and/or if it is ok to stop this medication before surgery.
 - **COUMADIN, WARFARIN, EFFIENT, XARELTO, BRILINTA, ELIQUIS, PRADAXA:** **STOP** 3-5 days prior to surgery
You may need to ask your prescribing physician when and/or if it is ok to stop this medication before surgery.
2. You may eat and take all NON-BLOOD THINNER medications as directed the day of your procedure.
 - Please take any **BLOOD PRESSURE** medications on the day of surgery. If your blood pressure is too high on the day of surgery, your surgery **MAY** be cancelled.
3. You will need to bring a driver who must stay in the office during the procedure. Surgery **WILL NOT BE DONE** if you show up to the office without a driver and someone to provide post-operative help.
4. Do **NOT** wear any make-up or wear contact lenses on the day of surgery.
5. Tylenol or Extra Strength Tylenol can be taken before surgery.
6. Your medications for surgery will be sent to your pharmacy 1 week prior to surgery.
7. If you choose to take Valium for your surgery, **Bring both valium pills to the office with you.** Instructions will be given in office. Cosmetic patients will be given oral sedative in office.

Surgery Date and Check in Time: _____



POST-OPERATIVE INSTRUCTIONS

After eyelid surgery, it is normal to have bruising and swelling on both the upper and lower eyelids. It is also common to have mild blurred vision throughout the week you have stitches in, due to the swelling and the ointment you use. Mild itching is also common both on the upper and lower eyelids. A small amount of blood may seep through the incision site for the first couple of days.

1. For the first 24 hours after surgery, you will need to do cold compresses with an ice pack on your eyelids, alternating 20 minutes on/ 20 minutes off while awake. Then continue icing 4 times a day for the next week for 15-20 minutes.
2. Use your prescribed ointment on the incision line 3-4 times a day for 7 days. Do NOT use your finger to put ointment on, use a cotton tipped applicator or Qtip. The ointment helps heal the incision and keep it from getting scabbed. The ointment may help soothe itching.
3. You may use TYLENOL or Extra Strength Tylenol for discomfort or pain.
4. You may use artificial tears as needed. If using more than 4 times a day, make sure you are using preservative free artificial tears.
5. You can restart any stopped blood thinners 24 hours after surgery.
6. If you use glaucoma drops continue to use as directed.
7. Do NOT get stitches wet for 48-72 hours. You may take a bath or turn your back to the shower spray the day after your surgery. Please have someone assist you if you do not feel steady on your feet.
8. Sleep with your head elevated for the first week after surgery to reduce the amount of swelling. You can use an extra pillow or sleep in a recliner.
9. If you wear a CPAP you may continue to do so at night.
10. NO heavy physical activity for one week after surgery. This includes no heavy lifting, yoga, swimming, or things that cause your head to be below your heart for a long period of time.
11. No driving, operating heavy machinery, signing any legal documents, or doing any hazardous activity for 24 hours after surgery.
12. NO makeup for the first week. NO eye makeup for 2 weeks. NO lotion or moisturizer around the eye area for the 1st week.
13. If you experience severe pain, persistent bleeding, fever over 101 degrees, green or yellow discharge, or loss of vision, please call our office immediately **316.425.0445**

Your suture removal/post-operative appointment is on: _____

Please apply your ointment before coming in for your suture removal