



Oculofacial & Plastic Surgery CONSULTANTS

SURGERY CENTER/HOSPITAL PRE-OPERATIVE INSTRUCTIONS

- At your pre-operative visit your doctor may order several prescriptions electronically. On the day of surgery, you may also be given a prescription for a pain medication to take as needed afterwards.
- It will be important for you to have a ride to and from the surgery center on the day of the procedure. *We strongly recommend someone stay with you overnight as you recover from the effects of anesthesia.*
- **ARRIVE** at the Surgery Center **2 HOURS PRIOR** to your surgery time.
- **DO NOT** eat or drink anything after midnight the day before surgery (or 8 hours before your procedure time), and on the morning of surgery (except for certain morning medications).
- If you take anticoagulants such as Aspirin, Warfarin, Coumadin, Plavix, Heparin, Ticlid, or Lovenox, your primary care physician/prescribing physician must be consulted before discontinuing. **DO NOT STOP THESE MEDICATIONS WITHOUT INSTRUCTIONS FROM OUR OR YOUR PRESCRIBING PROVIDERS OFFICE.**
- **STOP** all **UNPRESCRIBED** Herbal Medications, Fish Oil, Vitamin E, Diet Pills, Multivitamins, and NSAIDS such as Ibuprofen, Advil, Nuprin, Aleve, Naprosyn or Naproxen 14 days prior to surgery. *Notify our office if you are prescribed any of these medications*
- **STOP** eating all fish 14 days prior to surgery due to the high omega-3 content.
- Take heart and blood pressure medications with a sip of water on the morning of your procedure. Patients with diabetes **SHOULD NOT** take insulin and diabetic pills, unless directed by your primary doctor. Please bring your insulin with you.
- If you have breathing problems, you may use your inhalers as needed and bring them with you.
- You may bathe, shower, and brush your teeth prior to surgery on the morning of your procedure. (Do not swallow water while brushing your teeth).
- Wear loose, comfortable clothing to the surgery center.
- **DO NOT** wear nail polish, makeup, lotion, body powder, or deodorant. You will be cleansed with an antibacterial wipe in the pre-op area.
- Leave all valuables at home including wedding bands and other jewelry. All body piercings should be removed.
- If you wear eyeglasses or contact lenses, please bring the case with you, as these items may not be worn in surgery.
- Dentures will need to be removed prior to surgery and placed in the care of a friend or loved one during your procedure.
- You will have the opportunity to talk to your doctor before the procedure begins to review any questions or concerns.