



## OFFICE SURGERY PACKET

Name: \_\_\_\_\_

Surgery Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ Surgery Time: \_\_\_\_\_

Postoperative Appointment Date: \_\_\_\_\_ Time: \_\_\_\_\_

We are very pleased to be able to offer your procedure in the comfort of our office. To make your experience even better, please read through this packet before your procedure. It contains:

1. What to know before your surgery: "Preoperative Instructions".
  - Pay special attention to "Special Instructions."
2. "What to Expect After Office Surgery".
3. Nonprescription medications and supplements to avoid which increase bruising.

To be sure your surgery runs smoothly:

1. Unless specifically instructed otherwise, continue taking all your prescription medications. If you are having anesthesia (**MAC**) with an anesthesiologist, bring all your medications with you.
2. Wear loose-fitting, comfortable clothing and slip-off shoes. Avoid wearing contact lenses, earrings, and makeup.
3. Consider bringing:
  - a. A cloth headband, if you have lots of long, full hair.
  - b. An iPod with low profile earphones, if you prefer your own music.
  - c. Dark, "movie-star" glasses.
4. Fill your prescriptions before surgery. If you are given **antibiotic**, please start taking these the evening before your procedure. If you are given **Medrol** pills, please start taking these in the morning of your procedure, however, if you are having **MAC**, please take the Medrol pills the next day after your surgery. If you were prescribed an eye ointment, please bring that with you to your surgery.
5. Bring a good book. In the event of a delay, you will appreciate the diversion.

**PLEASE CALL THE SURGERY SCHEDULER @ 713.795.0705 FOR QUESTIONS.**

**For more details, visit our website at [www.plasticeyesurgery.com](http://www.plasticeyesurgery.com)**

## PREOPERATIVE INSTRUCTIONS FOR OFFICE SURGERY

- Reminder:** Someone from our office call you 1 - 2 days before your surgery to answer any questions and remind you of your appointment.
- Transportation:** You will need someone to drive you home.
- Medications To Avoid:** See the attached lists of medications and supplements you should avoid in the weeks before and after surgery.
- What to Wear:** Wear loose fitting, casual clothing to help you feel more comfortable.
- Music:** You are welcome to bring an iPod and low profile headphones, if you wish.
- Scheduling:** If you need to cancel or reschedule your surgery, please call us as soon as possible at **(713) 795-0705** so we can adjust our surgery schedule for other patients.
- Arrival:** When you arrive, check sign in at the registration desk.
- Payment:** If you have not already paid your surgery fees, you will be asked to do so upon arrival.

## SPECIAL INSTRUCTIONS

### Surgery in Office WITH LOCAL ANESTHETIC

- Medication:** If you regularly take medications, take them on the day of the procedure. If you take “blood thinners,” please ask us what you should do.
- Food/Drink:** You may eat regular meals on the day of your surgery, but you may be more comfortable if you eat lightly before your procedure.

### Surgery in Office WITH ANESTHESIOLOGIST-ADMINISTERED SEDATION

- Medication:** If you regularly take medications, please be sure you are advised about which you should take on the day of your surgery.
- Food/Drink:** Please cease eating and drinking at least 8 hours prior to the scheduled time for your surgery.
- Clothing:** You will be more comfortable if you wear a loose button-up short-sleeved shirt or blouse and slip on shoes. The Anesthesiologist will place EKG leads on your upper body, a blood pressure cuff on your arm, and an IV in your hand or lower arm. We have blankets if you are cold.

## WHAT TO EXPECT AFTER OFFICE SURGERY

### Minimize Swelling or Bruising

- Duration:** In all procedures involving the delicate eyelid skin, there is some degree of swelling and bruising. Most swelling usually subsides by 1 - 3 weeks, depending on your healing ability and how well you care of yourself after surgery.
- Cold Compresses:** For the first 48 hours after your surgery, use cold compresses as much as possible. This need be done only while you are awake. See “Hot and Cold Compresses” below.
- Warm** After the first 48 hours, use warm compresses 8 - 10 times a day for 10 - 15 minutes at a time

**Compresses:** for as many days as it takes until all the swelling and bruising are gone. Make certain that your compress is comfortably warm, but not too hot!

**Sleeping:** Sleep with your head elevated with an extra pillow or two for 2 - 3 days. Try not to sleep on your side for 3 - 4 days, because any swelling you have will shift to the side on which you lay.

**Lifting or Exercise:** Do not bend over from the waist, lift anything over 10 pounds, or engage in strenuous exercise for 2 weeks. Doing so may raise your blood pressure and/or cause excessive pressure on the delicate tissues of your eyelids and the stitches binding the incisions.

### Medications

**Ointment:** You may be prescribed antibiotic ointment. Please bring this to your surgery. When you go home, put a very small amount of the ointment on the incisions 3 times a day for 1 week. Continue any other usual prescription eye medications.

**Other Medications:** If you need any other medications, you will be given prescriptions. Normally, regular Tylenol should ease any discomfort. However, we can provide stronger pain medicines by prescription if you desire.

You should resume taking your own medications after surgery but avoid aspirin products and "blood thinners" (if so advised by your doctor) for 1 week after surgery because of their tendency to increase bruising.

**Bleeding:** You may notice a little ooze of blood from the incisions. This is normal. You can gently blot it away with a moistened cotton pad or tissue. ***If brisk bleeding occurs, call us immediately for further instructions at (713) 795-0705.***

## POSTOPERATIVE INSTRUCTIONS

### Miscellaneous

**Dressings or Patch:** In the unlikely event that you have a dressing or patch over your eye(s), we will tell you when to remove it, but be sure you ask your surgeon.

**Stitches:** Your surgeon will use very fine skin sutures to close the incisions. **If necessary**, you will be told when to return to have the stitches removed, usually in 7 to 8 days.

**Makeup:** You may resume wearing makeup on your eyelids 2-3 days after the stitches are removed (usually 8 - 10 days after the surgery), but be gentle when you clean it off.

**Diet:** Avoid alcoholic beverages while you are taking any prescription medications.

**Eye drops:** Apply artificial tear drops to your eyes to clear away any mucus or blurred vision or to relieve scratchiness. Refresh Plus, Systane, Soothe, Retaine and GenTeal are popular choices.

**Bathing:** Shower or bathe from the neck down on the same day as your surgery. Gently wash your face with a washcloth as needed. The following day, you can wash your face and hair in the shower, as long as you do not apply the spray directly on your eyes.

**Scarring:** Generally there is very little scarring. Initially, your wounds will be slightly raised, reddened or lumpy. In time, they flatten, becoming paler, eventually blending into the normal lines of your face. This usually takes 1 to 3 months. Occasionally, there may be a slightly asymmetric appearance to the eyelid or its position after the healing is complete. If this occurs, additional minor corrections may be required.

**Follow-up Visits:** If you do not have a follow-up appointment, **please call us at (713) 795-0705 for an appointment time convenient for you.**

**Other Questions:** If you have routine questions about your recovery call the nursing staff at (713) 795-0705.

**Emergencies:** In case of emergency—e.g., severe bleeding, severe pain around your eyes, any sudden vision loss - please call our 24-hour telephone number (713) 795-0705 IMMEDIATELY.

### HOT AND COLD COMPRESSES

#### **Cold Compresses:**

Frozen green peas in a Zip-lock freezer bag over a damp paper towel make a great cold compress. For best effect, keep the compress on constantly, but change the bags of peas every 20 -30 minutes as the peas warm up. For application to both eyes, 6 - 8 snack size bags of peas are usually sufficient to rotate through the freezer. Ice cubes or ice chips can be used over a thick damp facecloth, but we caution to avoid frost bite. The compresses should be comfortably cool, not “freezing cold”. A damp cloth helps to transmit the cold temperature more effectively. In general, cold compresses are applied for the first 48 hours only, to cause blood vessels to spasm, decreasing the degree of swelling.



**Partially filled Frozen peas in a snack size Ziplock bag**



**Wrap frozen peas in damp cloth or paper towel**

#### **Warm And Hot Compresses:**

After 48 hours of cold compresses, switch to warm compresses for as many days as necessary for all the bruising to resolve. Warm compresses should be applied for 10-15 minutes each hour. The more warm compresses you apply, the faster your bruises will vanish. Although warmth will diminish bruises, it will increase swelling. That’s ok.

**Rice in a Sock:** Fill a clean, cotton sock (*athletic socks are 80% cotton and work well*) with 2-3 cups of raw rice. Microwave to desired temperature (*usually about a minute or less, depending upon the wattage of your microwave*). After heating, wrap the sock in a wet/damp facecloth/paper towel.

**Caution:** Rice at the center of the sock may get hotter than that at the periphery during microwave, so shake the sock well before testing the temperature.



**Raw rice in an 80% cotton sock with end tied off**



**Wrap the sock in damp face cloth/paper towel**