



PLASTIC EYE SURGERY ASSOCIATES, PLLC

Cosmetic and Reconstructive
Surgery of the Eye Region

www.plasticeyesurgery.com

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METHODIST HOSPITAL SURGERY PACKET

Name: _____

Surgery Date: _____ Postoperative Appointment Date: _____ Time: _____

This Packet Contains:

1. "Preoperative Instructions for Hospital Surgery"
2. "What to Expect After Surgery"
3. Nonprescription medications and supplements that increase bruising.
4. Map

To be sure your Surgery runs smoothly:

1. **Read** all the information in this packet carefully.
2. You **Must** obtain a **History and Physical with Medical Clearance within 30 days of your surgery, and this must be received by our office two (2) weeks prior to Surgery or your surgery will be cancelled.** All patients need a CBC (Complete Blood Count) and Patients Forty-Five (45) years and older need an EKG. You may choose to obtain your medical clearance from either; 1.) The Methodist Primary Care Clinic, @Smith Tower, Suite 1101, 11th Floor, Phone: (713) 441-4333, OR 2.) Your Primary Care Physician. We will fax the required hospital forms wherever you wish. You may also wish to visit with any specialists you have, such as a cardiologist, pulmonologist, or nephrologist, if required.
3. **Register** at the hospital by one of these methods:
 - a. In advance:
 - i. By phone M-F, 7:30am – 5:30pm @ 713-394-6805 or 800-630-6777.
 - ii. On-line at www.methodisthealth.com/register.
 - b. On day of surgery at the operating room (arrive 2 hours earlier).
4. **Bring** to the hospital all your current prescription medications in a bag.
5. **Bring** any relevant x-rays and scans (**CT scans**, MRI scans).
6. If you live nearby and have a history of heart disease, lung disease, or other significant medical condition, you may wish to visit with the anesthesia team at Methodist Hospital ahead of time, so that you can get to know one another before the day of surgery. If you'd like to do so, call 713-441-5035 for anesthesia related questions, or 713/441-6504 for anesthesia appointment.
7. We will call you on **Thursday** (the day right before your surgery) **to tell you what time** you should arrive at the hospital. Unfortunately, **the hospital schedule cannot be finalized until the day just before surgery** since it depends upon the health and age of all patients being treated and the availability of shared hospital resources, such as equipment, operating rooms, and experienced hospital staff.
8. Bring a good book or a favorite, small table-game (cards). We may help as many as 14 people on your surgery day, but we give each individual as much time as he or she needs. Sometimes delays develop, so bring a pleasant diversion and plan on being there all day, if necessary.

PLEASE CALL THE SURGERY SCHEDULER @ 713/795-0705 FOR QUESTIONS.

For more details, visit our website at www.plasticeyesurgery.com

PREOPERATIVE INSTRUCTIONS FOR HOSPITAL SURGERY

Methodist Outpatient Center

6445 Main Street, 18th Floor

(You may access the parking garage through Fannin, Main or John Freeman streets.)

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COSMETIC AND RECONSTRUCTIVE
SURGERY OF THE EYE REGION

PLASTIC EYE SURGERY
ASSOCIATES, PLLC

3730 KIRBY DRIVE
SUITE 900
HOUSTON, TEXAS
77098

(713)795-0705

(713)807-0630 FAX

TOLL: (877)958-2020

www.plasticeyesurgery.com

- Call from Office:** We will call you **the day before** your procedure to advise you of the time you should arrive at the hospital.
- Registration:** You should call **The Methodist Hospital at (713)394-6805 to pre-register the week of surgery or arrive an extra hour early.**
- Transportation:** Bring someone with you to drive you home, since your vision will be blurry and you may still feel some effects from the sedation used during your surgery.
- Medical Approval:** You must have a History and Physical examination completed by your physician within 30 days of your procedure high-lighting any special instructions your physician thinks are necessary for the administration of anesthesia.
- Medication:** Please read the attached list of medications you may wish to avoid.
- If you regularly take other medications, you should take them all on the day of your surgery with small sips of water unless specifically instructed not to. Ask your primary physician what to do if you are a diabetic or on blood thinners. ***Bring all of your medications with you.***
- Food/Drink:** **Do not eat or drink anything other than the medications after midnight (12:00 a.m.) on the day of your surgery.**
- What to Wear:** Wear loose fitting, casual clothing to help you feel more comfortable after your surgery. You will be provided with a hospital gown to wear during the procedure.
- Valuables:** Leave valuables and jewelry at home.
- 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, please sign in at the reception desk on the 2nd floor of the Outpatient Center.**
- Payment:** You will be asked to pay any cosmetic surgical fees and estimated insurance-covered co-pays in full at least five (5) working days before the day of your surgery. For cosmetic surgeries, you will also be asked to pay separate fees to the anesthesiologist and the hospital.
- Diversions:** Bring a good book or a favorite, small table-game (cards). We may help as many as 14 people on your surgery day, but we give each individual as much time as he or she needs. Sometimes delays develop, so bring a pleasant diversion. Plan on being there all day, if necessary.

WHAT TO EXPECT AFTER HOSPITAL SURGERY

Minimize Swelling or Bruising

Duration: In all procedures involving the delicate tissues around the eyes, there is some degree of swelling or bruising. This usually subsides after 1 - 3 weeks, depending on your healing ability and how well you care for yourself.

Sleeping: Sleep with your head elevated for 2 to 3 days. Try not to sleep on your side for 3 to 4 days, because any swelling you may 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 given a tube of antibiotic ointment. Use it as directed on the incisions 3 times a day for 1 week.

Other Medications: If you need any other medications, you will be given prescriptions before you leave the hospital. Arrangements can also be made for you to fill these prescriptions before the day of your surgery. Tylenol should ease any soreness in the surgical area. However, we usually provide stronger pain medicines by prescription as well.

You should resume taking your own medications after the surgery but avoid aspirin products and “blood thinners” for 1 week after surgery because of their tendency to increase bruising. Preferably, consult your Primary Care doctor regarding “blood thinners”.

Bleeding: You may notice a small 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 at (713) 795-0705.***

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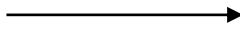
HOT AND COLD COMPRESSES

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

Dear Patient,

Thank you for entrusting your care to us. The location of your surgery is:

Houston Methodist Outpatient Center
18th Floor, 6445 Main Street
Houston, TX 77030

You may access the hospital's garages via Main, Fannin, or John Freeman streets.

Please call our office at 713/795-0705 for questions.

Plastic Eye Surgery Associates, PLLC

Crosswalk — Level 2

The Level 2 Crosswalk connects most buildings on the campus of Houston Methodist Hospital. Corridors on Levels 1 and 3 provide access to certain buildings and areas as indicated.

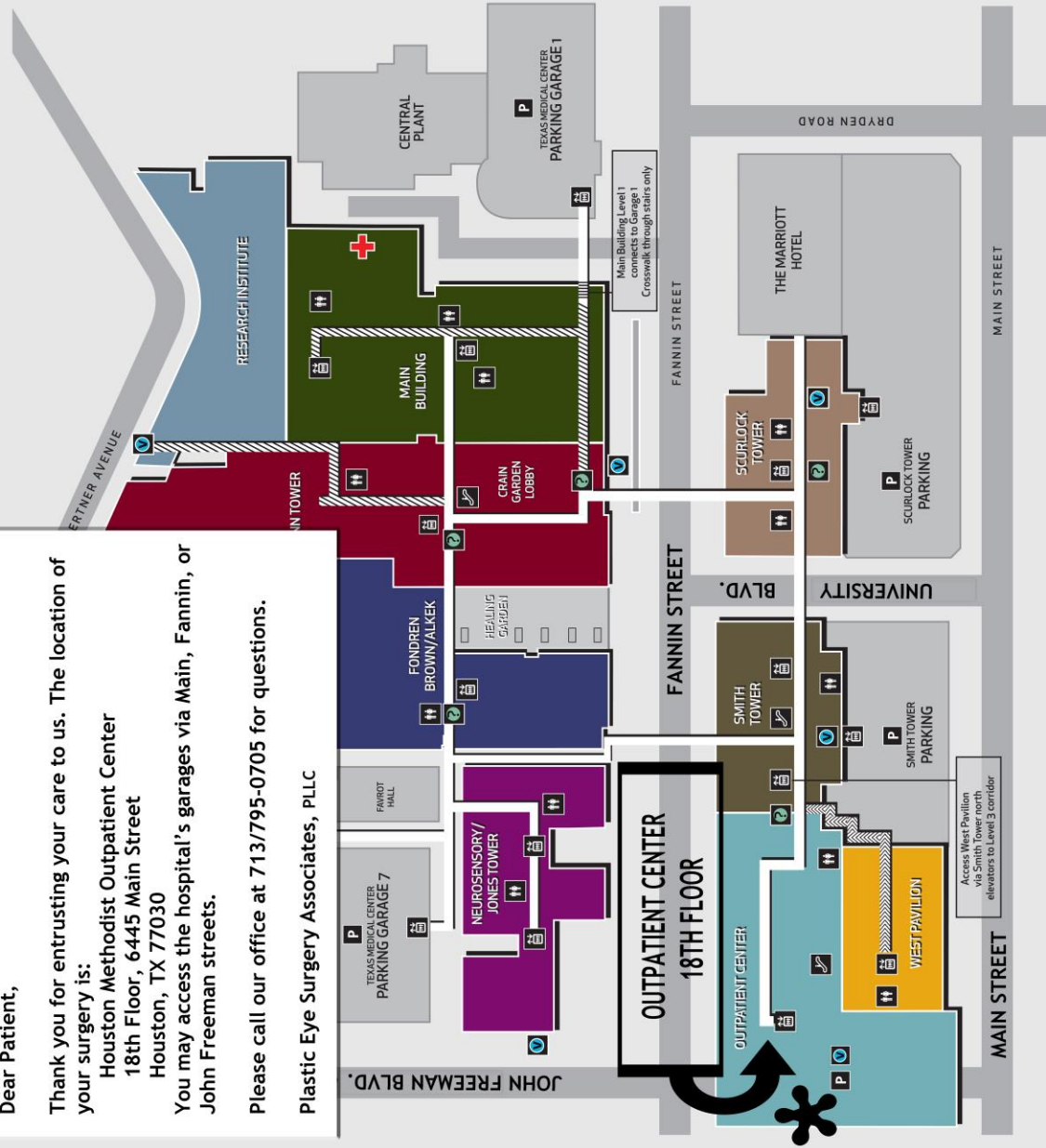


MAP LEGEND

- YOU ARE HERE
- CROSSWALK
- EMERGENCY ROOM
- ELEVATORS
- ESCALATORS
- INFORMATION
- RESTROOMS
- PARKING
- VALET PARKING



PLAN NORTH
TRUE NORTH



HELPFUL INFORMATION

- General Information
713-441-6000
- Transportation Assistance
713-441-4246
- Security
713-441-4246
- Emergency Department
713-441-1016
Located in Main Building, Level 1

Hospital Address
Houston Methodist Hospital
6565 Fannin Street
Houston, Texas 77030

- Valet
- Located at:
 - Level 1 hospital entries
 - Neurosensory/Jones Tower, Level B1 entry

HOUSTON
MethodistSM
LEADING MEDICINE

Houston Methodist Outpatient Center
18th Floor, 6445 Main Street
Houston, TX 77030



MEDICATIONS and SUPPLEMENTS which INCREASE BRUISING

If you are taking any of the following upon direction of a physician,
consult that doctor before making any changes

Preparations Containing Aspirin or Salicylic Acid Derivatives
should be avoided 3 weeks before surgery and 1 week after to minimize bruising

This is a partial list of medications. If you have questions about others you are taking, consult your
prescribing physician, your pharmacist, or our practice.

217	Buffasal	Genacote
217 Strong	Bufferin	Genprin
4-Way Cold tablets	Buffets II	Gensan
Acetylsalicylic Acid	Buffex	Goody's extra strength
Acuprin 81	Buffinol	Goody's Headache powder
Adult Analgesic pain reliever	Butalbital	Halfprin
Aggrenox	C2	Headache tablet
Alka-Seltzer	CP-2	Healthprin
Anacin	Calmine	Herbopyrine
Analval	Cama arthritis pain reliever	Instantine
Anodynos	Carisoprodol compound	Isollyl Improved
Antidol	Children's aspirin	Kalmex
Anthropan	Clinoril	Lanorinal
APAC Improved	Congesprin chewables	Lortab with ASA
APC	Cope	Lovaza
APO-ASA	Coryphen Damason-P	Magnaprin
APO-ASEN	Darvon compound	Marnal
Arco Pain	Darvon compound-65	Measurin
Argesic	Darvon with ASA	Methcarbamol with aspirin
Arthritis	Darvon-N with ASA	Micrainin
Arthritis Pain Formula	Dasin	Meprobamate and aspirin
Artria SR	Disalcid	Meprogesic Q
Arthrotec	Dolcin	Midol
ASA	Dolomine	Mobidin
Ascriptin	Dolprn #3 tablets	Mobigesic
Ascodeen	Drinophen	Momentum
Aspercin	Duradyne	Neocylate
Aspergum	Easprin	Neogesic
Aspermin	Ecotrin	Nervine
Aspirin	Ecotrinol	Night-time Effervescent cold
Aspirin with codeine	Emagrin	Norgesic
Aspir-Low	Empirin	Norwich aspirin
AspirTab	Empirin with codeine	Novasen
Aspirtab Max	Emprazil	Orphenagesic
Astone	Encaprin	Orphenagesic Forte
Astrin	Entrophen	Oxycodone and aspirin
Atromid	Equagesic	P-A-C
Axotal	Equazine-M	Pain Aid
Azdone tablets	Excedrin	Pain reliever tablets
Azolid	Fiogesic tablets	Pabrin buffered tabs
B-A-C tablets	Fiorgen PF	Panodynes
Baby aspirin	Fiorinal	Pepto-Bismol
Bayer aspirin	Fiorinal with codeine	Percodan
Bayer children's cold tabs	Gelpirin tablets	Percodan-Demi
BC powder or tablets	Gemnisyn	Persistin
Buffaprin	Genaced	Phenetron compound

Phenylbutaxone	Salflex	Synalgos-DC capsules
PMS with ASA	Salicylamide	Talwin compound
Presalin	Salicylate	Tenol-Plus
Propoxyphene compound	Salicylic Acid	Triaminicin
Propoxyphene napsylate	Salocol	Trigesic
Quiet World tablets	Salsalate	Trilisate
Rhinoceps	Sine-Off sinus medicine	Tri-Pain
Robaxisal	Sloprin	Ursinus Inlay-Tabs
Roxiprin	Soma compound	Valesin
S-A-C	Soma compound with codeine	Vanquish
Salabuff	St. Joseph	Verin
Salatin	Stanback powder	Wesprin
Saleto	Supac	Zorprin

**Preparations Containing Mostly Non-steroidal Anti-inflammatory Agents
should be avoided 1-2 weeks before injections to minimize the chance of bruising**

Aches-N-Pain	Diclofenac	Magsal	Nu-Pirox
Actiprofen	Diflunisal	Marnal	Nuprin
Actron	Dimetapp Sinus	Measurin	Nu-Sulindac
Addaprin	Dolgesic	Meclofenamate	Oraflex
Advil	Dolobid	Meclomen	Orudis
Aleve	Dristan Sinus	Medipren	Oruvail
Anaprox	Duoprin	Mefenamic	Oxaprozin
APC	Durasal	Meloxicam	Pabalate-SF tabs
Ansaid	EC-Naprosyn	Menadol	Pamprin-IB
APO-Diclo	Etodolac	Midol	PediaProfen
APO-Diflunisal	Excedrin IB	Mobic	Phenylbutazone
APO-Flurbiprofen	Feldene	Motrin	Piroxicam
APO-Ibuprofen	Fenoprofen	Nalfon	Ponstan
APO-Indomethacin	Four-way cold tabs	Naprelan	Ponstel
APO-Keto	Flurbiprofen	Napron X	Q-Profen
APO-Napro	Froben	Naprosyn	Relafen
APO-Naproxen	Gaysal	Naproxen	Rhodis
APO-Piroxicam	Genpril	Naxen	Rufen
APO-Sulin	Haltran	Novo-Difenac	Saleto
Arthrotec	Ibifon 600	Novo-Diflunisal	Sine-Aid IB
Atromid	Ibren	Novo-Flurprofen	Sulindac
Azolid	IBU	Novo-Keto-EC	Synflex
Bayer Select	Ibuprin	Novo-Methacin	Tolectin
Buf-tabs	Ibuprofen	Novo-Naprox	Tolmetin
Butazolidin	Ibuprohm	Novo-Pirocam	Toradol
Cataflam	Indochron ER	Novo-Profen	Trendar
Clinoril	Indocid	Novo-Sundac	Ultraprin
Clofibrate	Indocin	Novo-Tolmetin	Unipro
CoAdvil	Indomethacin	Nu-Diclo	Valprin
Cotybutazone	Ketoprofen	Nu-Flubiprofen	Voltaren
Cramp End	Ketorolac	Nu-Ibuprofen	Voltaren
CP-2 tabs	Lodine	Nu-Indo	
Daypro	Magan	Nu-Naprox	

Prescription Medications That Increase Bruising

Baclofen	Pan Warfarin
Cilostazol	Pamate
Clopidogrel	Perfenazine
Coumadin	Persantine
Dipridacot	Plavix
Dipyridamole	Pletal
Duragesic patch	Selenium
Etrafon	Ticid
Fentanyl	Ticlopidine
Lioresal	Tilafon
Panalgesic	Warfarin

Herbal Supplements That Increase Bruising

Bilberry	Ginger
Chamomile	Ginkgo
Dong quai root	Ginseng
Echinacea	Kava
Ephedra	Soma
E vitamin	St. John's Wort
Feverfew	Valerian
Fish oil	Vitamin E
Flaxseed	Willow Bark
Garlic	Yohimbe

IMPORTANT:

If you are taking any of the previous medications or dietary supplements upon recommendation or direction of a physician, consult that doctor before making any changes