

## 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, sunscreen, and makeup.**
3. If you wear **contact lens**, you may resume 3 weeks after surgery.
4. 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.
5. **Fill your prescriptions before surgery. If you are given antibiotic, please take according to the instructions. 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.**
6. 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 will 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 (including water) 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, while awake and sleeping for compression and protection. See ***“Warm and Cold Compresses”*** below.
- Warm Compresses:** **After the first 48 hours, use warm compresses** 8 - 10 times a day for 10 - 15 minutes at a time 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,** a technician will instruct you how to use and apply the ointment, typically 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 or 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.**

### WARM AND COLD COMPRESSES

#### ***Cold Compresses:***

Frozen green peas in a snack size 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 **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***

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

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

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

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

Toradol  
Trendar

Ultraprin  
Unipro

Valprin  
Voltaren

Voltaren

### **Prescription Medications That Increase Bruising**

Apixaban/Eliquis  
Baclofen  
Cilostazol  
Clopidogrel  
Coumadin  
Dipridacot

Dipyridamole  
Duragesic patch  
Etrafon  
Fentanyl  
Lioresal  
Panalgesic

Pan Warfarin  
Parnate  
Perfenazine  
Persantine  
Plavix  
Pletal

Selenium  
Ticlid  
Ticlopidine  
Tilafon  
Warfarin  
Xarelto

### **Herbal Supplements That Increase Bruising**

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

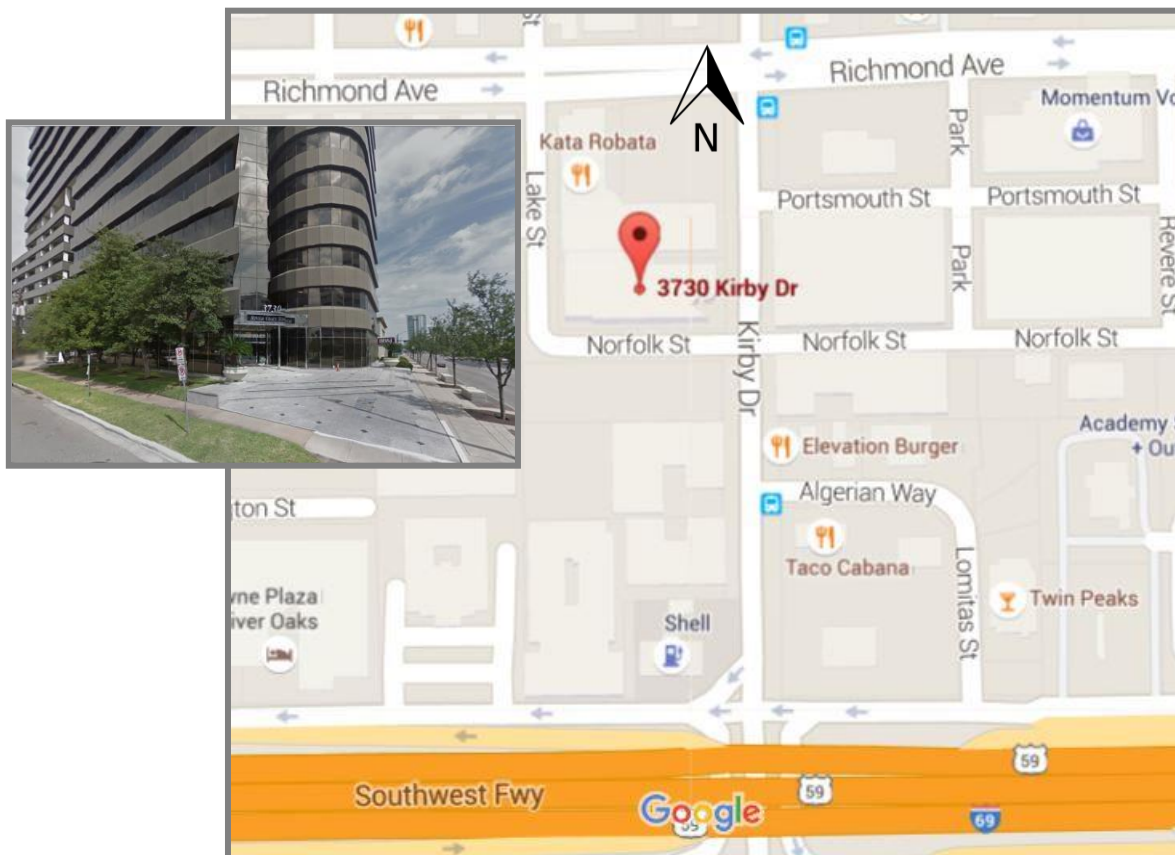
## PLASTIC EYE SURGERY ASSOCIATES, PLLC

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The entrance to the Parking Garage is off Norfolk Street. You may park on any floor you wish. Enter the building and take the elevator to the 9<sup>th</sup> floor.

Wheelchair ramps are available on the 1<sup>st</sup> and 3<sup>rd</sup> Floor.

The exit out of the garage leads to Lake Street.