
❖ Ophthalmic and Facial Plastic Surgery ❖

Looking ahead to your operation

"Successful surgery requires a team effort with a key member of that team being you."

The surgical procedure

Successful cosmetic or reconstructive surgery depends on a number of factors some of which can be controlled and others that cannot. These variables include age, race, heredity, and individual tissue reaction. My goal--like yours--is to achieve as much improvement as possible.

You will receive instructions from us detailing your responsibilities for medical care before and after surgery. To achieve optimum results it is important that you follow these instructions very carefully. In general, we do not recommend travel outside the area for 2 weeks following surgery.

Your consent

As a surgeon, I can proceed with surgery only with your full cooperation. If you agree with my recommendations, you will be asked to sign a statement authorizing the discussed and recommended treatment. It is important to read the consent form carefully. Ask any questions prior to signing for surgery. Your signed consent is our agreement to proceed.

Getting ready for surgery

The steps that you take to prepare for surgery will depend somewhat on what procedure you will be undergoing. However, here are a few general rules for getting ready for surgery.

Two weeks before surgery:

- ❖ Now is the perfect time to quit smoking for good--among other problems, it delays healing. Even if you cannot quit permanently, stop at least two weeks prior to surgery.
- ❖ Stop taking aspirin or aspirin-

containing products which may make you bleed during surgery. Stop taking cousin drugs to aspirin such as Advil which have similar effects. You may take Tylenol without any limitation.

- ❖ Red wine may promote bleeding and should be avoided for 10 days before surgery.
- ❖ Begin taking Vitamin C to promote healing.

One week before surgery:

See your medical doctor (be sure to schedule a "pre-operative assessment") and have any required lab work performed 5-7 days before surgery. Contact our office immediately if you develop any signs of infection before surgery..

Be certain that you have a ride home after surgery. You will not be permitted to drive yourself. We prefer that someone can stay with you until the morning after surgery.

Prepare crushed ice or frozen peas in plastic bags to use as compresses after surgery.

The night before surgery:

Go to bed at your usual hour. Do not eat or drink anything after midnight. You should, however, take your usual medications with a small sip of water in the morning.

A spirin and its cousin drugs may be beneficial in treating arthritis, heart disease, and pain. However, even one baby aspirin can encourage bleeding that interferes with surgery. Stop these drugs at least 10 days before your operation. You may take Tylenol (acetaminophen). (You may wish to ask us before taking over the counter medications.)

Example of Products to Avoid:

Aspirin	Alka-Seltzer	Bufferin	Nuprin
Naprosyn	Naproxyn	Ibuprofen	Voltarin
Pepto-Bismol	Motrin	Advil	Anacin
Ecotrin	Indocin	Excedrin	Aleve