

## OCULOPLASTIC SURGERY INSTRUCTIONS

We have scheduled you for surgery at the **Columbia Eye Surgery Center at 1920 Pickens Street on Friday \_\_\_\_\_ at \_\_\_\_\_.**

*\*\*\*\* The time given is not your surgery time but your ARRIVAL TIME. It may be subject to change in which case you will receive a phone call. Please try to arrive on time and have your paperwork filled out. There is no need to arrive any earlier than this time. \*\*\*\**

### IMPORTANT INSTRUCTIONS

- 1. PLEASE READ THROUGH THESE INSTRUCTIONS AND YOUR SURGERY FOLDER CAREFULLY. PLEASE BRING YOUR SURGERY FOLDER WITH YOU AND HAVE ALL REQUIRED PAPERWORK FILLED OUT PRIOR TO YOUR ARRIVAL**
- 2. DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT PRIOR TO THE DAY OF YOUR SURGERY. YOU WILL BE CANCELLED IF YOU EAT OR DRINK ANYTHING.**
- 3. You will need to have someone DRIVE you to the surgery center AND STAY during your entire surgery**
- 4. An antibiotic ointment (erythromycin or bacitracin) or drop will be called in/sent to your local pharmacy for use AFTER surgery. Instructions on how and when to use this will be given after your surgery.**

### Contact information

Our office line at the Columbia Eye Clinic : **(803) – 779 – 3070**

Columbia Eye Surgery Center: **(803) – 254 – 7732**

## OTHER INFORMATION

### Day of Surgery

- **DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT PRIOR TO THE DAY OF YOUR SURGERY. YOU WILL BE CANCELLED IF YOU EAT OR DRINK ANYTHING.**
- **If you have a LATEX allergy please let us know in advance to your surgery date and arrival.**
- Do not put on make-up, lotions, creams etc. the day of surgery
- Do not wear jewelry or take valuables to the surgery center with you. Wear loose and comfortable clothing.
- You will be unable to drive after surgery. **You must have a family member or friend drive you to and from the surgery center.** Someone must remain with you during your surgery and stay with you during the first 24 hours after surgery

### Medications

- You may take your regular medications as prescribed by your doctor with a small sip of water if needed the morning of surgery
- **Bring all your medications with you to surgery**
- **DO NOT TAKE INSULIN OR ANY DIABETIC TABLETS the morning of surgery**
- **BLOOD THINNERS**

It is important for you to discontinue medications that might thin your blood prior to surgery. Failure to discontinue blood thinning medications at the very least will increase your bruising and delay recovery and at the very worst could cause you to lose vision.

#### Prescription blood thinners

Some prescription medications like Coumadin, Plavix, and Eliquis thin your blood. Prior to discontinuing these medications you should discuss it with the physician who is prescribing the medication. If it is okay by the prescribing doctor, Coumadin is typically discontinued 5 days prior to surgery and restarted the day after surgery. Plavix is discontinued 5 days prior to surgery and restarted 2 days after surgery. Aspirin containing medications are discontinued 2 weeks prior to surgery and restarted 2 days after surgery. Medication for high blood pressure and cholesterol do not thin your blood and you should take it with a sip of water on the day of your surgery.

#### Over the counter Aspirin and non-steroidal anti-inflammatory drugs (NSAIDs)

Products which contain aspirin-like Baby Aspirin, Excedrin, and Ecotrin should be discontinued for 2 weeks prior to surgery and restarted 2 days after surgery. If you are taking these for a medical condition such as coronary artery bypass surgery, history of stroke or heart attack, or heart valve abnormalities then you should discuss stopping the medication with the doctor who recommended you use the medication. Over the counter, non-steroidal, anti-inflammatory drugs [NSAIDs] like Ibuprofen, Motrin, Aleve, and Naprosyn all thin the blood and should be stopped at least 10 days prior to surgery and 2 days after surgery. If you need an over the counter pain reliever in the 2 weeks prior to surgery it is OK to take Tylenol, as Tylenol does not thin your blood. All other over the counter pain and fever pills do thin your blood.

### **Other blood thinners**

Many over the counter food supplements and herbal preparations thin your blood and can be dangerous to take prior to surgery. Examples include Vitamin E, Fish Oil, Flaxseed Oil, Garlic, Ginkgo Biloba, Ginseng, Energy Drinks, and Glucosamine and many more. The safest thing to do is to avoid all aspirin containing medications, herbal medications, food supplements, vitamins, and over the counter pain medications other than Tylenol for two weeks prior to surgery.

### **What to Expect after Surgery**

- You will likely have stitches that will either dissolve or need to be removed by your doctor at your follow-up visit.
- You will have an antibiotic ointment to use on your incisions twice daily
- You may have some bloody drainage from the incision site (s) or blood-tinged tears in the first 24 hours. If your eye is patched, it is normal to see bloody drainage on the outside of the patch later in the day.
- Expect bruising and swelling, which differs in each person. Bruising on the eyelids may appear “red” the morning after surgery, which is normal. All bruising will descend below the eye a few days after surgery and will disappear over 1-2 weeks. Occasionally blood may be seen on the white of the eye or appear “bloodshot”, and this will disappear over time.

### **Cold Compresses**

On the day of surgery and two days after surgery, you should apply cold compresses to your eyelids/eyelid and/or any other surgical sites. The surgeon may place a patch over your eye/eyes after surgery. If you have a patch in place you cannot use compresses on the patched eye.

In order to make a cold compress, first take a clean, wet wash cloth and rest it over the eyelids. Place either a bag of frozen peas or a zip-lock bag filled 2/3rds of the way with ice and 1/3rd of the way with water over the wash cloth. It is easiest to use cold compresses when seated in a reclined position. The more you use cold compresses the less you will bruise and swell after surgery and the faster you will recover. You should use the compresses a minimum of 20 minutes out of every hour while awake. When sleeping you do not need to use the compresses and getting adequate sleep is important to healing. It is useful to keep your head elevated when you sleep.

### **Warm compresses**

Warm compresses are used to help resolve bruising. **If your face is NOT bruised after the first 2 days, then you DO NOT need to use warm compresses.** A warm compress can be made by wrapping a hot water bottle or a microwaved potato in a clean wet wash towel. To prevent scalding your skin always test the compress out on the back of your hand before applying to your face as your surgical area may have decreased sensation. Warm compresses should be applied to the bruised portion of your face for 15 minutes 3 times daily until the bruises turn yellow.

Edward Crosswell, MD  
Oculoplastic Surgery

## MEDICATIONS TO AVOID PRIOR TO SURGERY

### ASPIRIN - CONTAINING COMPOUNDS & RELATED STOP 2 WEEKS PRIOR TO SURGERY IF APPROVED BY YOUR DOCTOR

• 4-Way Cold Tabs	• Asacol	• Cansoprodol	• Excedrin	• Micrainin	• Robaxisal
• 4-Way w/ Codeine	• Ascriptin	• Compound	• Fiorgen	• Midol	• Rowasa
• A.C.A	• Aspergum	• Choline	• Fiorinal	• Mobidin	• Roxiprin
• A-A Compound	• Asprimox	• Magnesium	• Fiorital	• Mobigesic	• Salflex
• Acetylsalicylic Acid	• Axotal	• Trisalicylate	• Gelprin	• Mono-Gesic	• Salicylic Acid
• Alka-Seltzer	• Azdone	• Choline Salicylate	• Goody's Powder	• Night-Time	• Salsalate
• Amigesic	• Azulfidine	• Damason-P	• Halprin	• Effervescent Cold	• Sodium Salicylate
• Anacin	• Backache Max	• Darvon	• Isollyl	• Norwich	• Sodol compound
• Arthra-G	• Strength Relief	• Dipenturn	• Lanorinal	• Olsalazine	• Soma
• Arthritis	• Blsmatrol	• Disaclid	• Lortab ASA	• PAC	• Sulfasalazine
• Arthritis Foundation	• Bayer	• Doans Pills	• Magnaprin	• Pabalate	• Synalgos
• Products	• BC Powder	• Easprin	• products	• Panasal	• Talwin Compound
• Arthritis Pain	• Buffex	• Ecotrin	• Magnesium	• Pentasa	• Trigesic
• Formula	• Butal / ASA / Caff	• Emagin	• Salicylate	• Pepto-Bismol	• Tricosal
• Arthritis Strength	• Butalbitol	• Empirin	• Magsal	• Percodan	• Ursinus
• Bufferin	• Compound	• Endodan	• Marthritic	• Pink Bismuth	• Vanquish
• ASA	• Cama	• Equagesic		• Relafin	

### Non-Steroidal Anti-inflammatories (NSAIDS) STOP 2 WEEKS PRIOR TO SURGERY

• Advil	• Duract	• Lodine	• Naprelan	• Pain Reliever Tabs	• Tolmetin
• Aleve	• Etodolac	• Meclufenamate	• Nagrosyn	• Pamprin	• Toradol
• Anaprox	• Feldene	• Meclomen	• Naprox X	• Piroxicam	• Vicoprofen
• Ansaid	• Fenoprofen	• Mefenamic Acid	• Naproxen	• Ponstel	• Voltaren
• Acular (drops)	• Ibuprofen	• Meloxicam	• Naproxyn	• Profenel	• IBU
• Cataflam	• Ibuprohm	• Menadol	• Nabumetone	• Relafin	• Flurbiprofen
• Clinoril	• Ibuprofen	• Midol IB	• Nuprin	• Saleto	• Indochron
• Daypro	• Indocin	• Mobic	• Ocufen drops	• Sine-Aid IB	• Genpril
• Diclofenac	• Indomethacin	• Motrin	• Orudis	• Sulindac	• Haltran
• Difunisal	• Ketoprofen	• Nabumetone	• Oruvail	• Talwin NX	
• Dolobid	• Ketorolac	• Nalfon	• Oxaprozin	• Tolectin	

### HERBAL MEDICINES, NONTRADITIONAL MEDICINES, VITAMINS, HOMEOPATHIC MEDICINES, DIETARY SUPPLEMENTS: STOP ALL FOR 2 WEEKS PRIOR TO SURGERY

### Anti-Platelet / Anticoagulant Medications STOP 10 DAYS PRIOR TO SURGERY IF APPROVED BY YOUR DOCTOR

• Anisindione	• Clopidogrel	• Miradon	• Plavix	• Ticlid
• Cilostazol	• Effient	• Pletal	• Plasugrel	• Ticlopidine

### Anticoagulant Medications STOP 5 DAYS PRIOR TO SURGERY IF APPROVED BY YOUR DOCTOR

• Dabigatran	• Warfarin	• Sofarin
Pradaxa	Coumadin	

### Anticoagulant Medications STOP 24 HOURS PRIOR TO SURGERY IF APPROVED BY YOUR DOCTOR

• Argatroban	• Enoxaparin	• Heparin	• Lovenox
• Dalteparin	• Fragmin	• Lepirudin	• Refludan
Eliquis (Apixaban)	Arixtra (Fondaparineux)		Xarelto (Rivaroxaban)