

# OCULOPLASTICS

## SURGICAL PORTFOLIO

Pre- and Post-Operative Instructions & Care

If you have any questions regarding your scheduled surgery, please contact us at.

 **+ (506) 7032-5570**



# BEFORE THE SURGERY

- 1 If you were told that you need a Preoperative Evaluation including an EKG, please contact your primary care physician or cardiologist as soon as possible and request a copy of the results at least 10 days prior to the day of surgery.
- 2 If you were instructed to have blood work drawn, please do so 10 to 14 days before surgery, and send the results to the following email: [info@artefacial.com](mailto:info@artefacial.com)
- 3 It is important that you provide us with a complete list of medications, vitamins and supplements that you take regularly.
- 4 To reduce bleeding, bruising and to help healing, please **STOP** the following two (2) weeks prior to surgery:

Products containing  
aspirin

Arthritic  
medications

Multivitamins

Naproxen  
(Aleve)

Anticoagulants

Ibuprofen  
(Advil/Motrin)

Herbal Supplements



- 5 You may take Tylenol/Acetaminophen products, as needed.
- 6 Arrange for lodging and transportation to and from our offices (for pre and postoperative appointments, and the surgical facility on day of surgery). Your driver must be at least 18 years of age and remain at the facility during the surgery.
- 7 If possible, arrange for someone to stay with you for 24 hours after surgery.

## DAY BEFORE SURGERY



If your surgery is done with sedation or general anesthesia, **STOP eating and drinking 8 hours** prior to the surgery. This includes food, water, candy, gum, and mints.



**DO NOT** smoke 24 hours before and after surgery.



# DAY OF SURGERY

- 1 Wear loose, comfortable clothing and bring sunglasses to the facility. **A shirt with front buttons or zipper is recommended.**
- 2 You can and should brush your teeth the morning of surgery.
- 3 Please leave all valuables, jewelry, and cell phones at home.
- 4 Do **NOT** wear:

Contact lenses	Makeup	Lotions or creams (Especially facial)
Perfume / Cologne	Hairspray or other hair products	Jewelry

- 5 Take the following medications the morning of surgery with only a **SIP** of water:

Medications to treat hypertension

- 6 Other routine medications can be taken when you return home from surgery.



- 7 Please be aware you may receive up to three (3) bills the day of surgery: physician, facility and anesthesia.
- 8 You will be discharged when you are awake, discharge instructions have been reviewed with you and companion, and recovery goals have been met. Recovery time averages 45 minutes.

## AFTER DISCHARGE

You will be given specific discharge instructions on the day of surgery. However, the following limitations are common to all procedures. Please plan accordingly. This will help you to achieve the best surgical results.



### ACTIVITY LIMITATIONS

- 1 **First 12 to 24 hours:** If required to use ice, **place your ice pack on your eyelids every hour that you're awake for 15 minutes.** (We recommend using a gel eye mask as these can be kept in the freezer.) If you do not have a gel eye mask, icy cold compresses will work as well.



- 2 **First 24 hours:** No driving, drinking alcohol or making important decisions.
- 3 **First week: NO** bending forward at the waist, lifting more than 5 pounds (2 kg) or strenuous exercise.
- 4 **Do not expose your eyes to direct sunlight or sunbathe** until approved by your physician. Use dark sunglasses with UV protection.
- 5 Please follow the surgeon's instructions regarding postoperative medications.



## GENERAL EXPECTATIONS

- 1 Bruising, swelling, and **bloody drainage are expected**. Bruising typically peaks on days 3-4, but it may take 3 weeks or more to disappear completely.
- 2 **Do not rub your eyes**. Dab your eyes gently to remove any drainage and use the ice packs/mask, as directed, to limit the swelling.



- 3 You may experience discomfort after surgery. **THIS IS NORMAL.** You may take regular or extra strength Tylenol, as directed.
- 4 Contact lenses may **not** be worn until approved by your physician.
- 5 It is important to make an appointment to see your doctor after surgery. If you were not given a postoperative appointment, please contact +(506) 7032-5570 (call or WhatsApp).

## IMPORTANT

- 1 If you experience severe pain or bleeding, please call +(506) 7263-2171 (or text via WhatsApp) and leave your name and phone number where you may be reached.
- 2 For any other questions or concerns, please contact +(506) 7032-5570 via WhatsApp.

