

**\*\*STOP THESE VITAMINS AND MEDICATIONS AT LEAST 10 DAYS BEFORE SURGERY\*\***

**\*\*PLEASE ENSURE YOU HAVE TYLENOL FOR PAIN MANAGEMENT\*\***

Do not take any Vitamin E or Fish Oil for 10 days before and after surgery.

Do not take any medications, which contain aspirin (whether prescription or over the counter) or other blood thinners for 10 days before surgery.

Please check the labels of any medications you take to make sure they do not contain aspirin.

If you are not sure, ask your doctor or pharmacist.

The following is a partial list of products to avoid before surgery: If you take coumadin or warfarin your primary care physician must decide how many days you need to be off these medications.

- \* Acetyl salicylic acid
- \* Advil
- \* Aleve
- \* Alka-Seltzer Effervescent Pain
- \* Anacin (regular and max strength)
- \* Anaprox
- \* Anodynos DIIC
- \* Ansaid
- \* Apa-San
- \* Arthritis Pain Formula
- \* Asacol
- \* A.S.A.
- \* A.S.A. Enseals
- \* Ascriptin, Ascriptin A/D, Ascriptin w/codeine
- \* Aspergum
- \* Axotal
- \* B-A-C, B-A-C w/codeine
- \* Bayer aspirin
- \* Maximum Bayer aspirin
- \* Bayer Children's aspirin
- \* Bayer Timed Release
- \* Bexophene
- \* Buffaprin
- \* Bufferin
- \* Buffets II
- \* Buffex
- \* Buffinol
- \* Butalbital compound
- \* Cama Arthritis Reliever
- \* Carisoprodol
- \* Codoxy
- \* Cope
- \* Coumadin(usually stopped 3 days prior to surgery and
- \* Damason-P
- \* Darvon w/A.S.A.
- \* Darvon-N w/A.S.A.
- \* Dia-Gesic
- \* Diclofenac
- \* Disalcid
- \* Dolobid
- \* Dolene compound
- \* Dolprin
- \* Doxaphene compound

- \* Duradyne
- \* Easprin
- \* Ecotrin
- \* Emcodeine
- \* Empirin, Empirin w/codeine
- \* Equagesic
- \* Equazine-M
- \* Excedrin
- \* Feldene
- \* Fiorgen PF
- \* Fiorinal, Fiorinal w/codeine
- \* Gemnisyn
- \* Ibuprofen
- \* Indocin
- \* Isallyl Improved
- \* Lanorinal
- \* Lodine
- \* Magnaprin
- \* Maprin
- \* Marnal
- \* Measurin
- \* Meclomen
- \* Meprogesic Q
- \* Micrainin
- \* Meloxicam
- \* Midol
- \* Motrin
- \* Mono-Gesic
- \* Nabumetone
- \* Nalfon
- \* Naprosyn
- \* Naproxen
- \* Norgesic, Norgesic Forte
- \* Norwich aspirin
- \* Nuprin
- \* Pentasa
- \* Percodan, Percodan-Demi
- \* Phentermine
- \* Plavix
- \* Ponstel
- \* Presalin
- \* Relafen
- \* Rid-A-Pain w/codeine
- \* Reliever
- \* Salatin
- \* Saleto
- \* Salfex
- \* Salocol
- \* Soma compound
- \* St. Joseph children's aspirin
- \* Supac
- \* Synalgos DC
- \* Talwin compound
- \* Ticlid
- \* Tolectin
- \* Toradol
- \* Trilisate

- \* Trigesic
- \* Uracel
- \* Vanquish
- \* Voltaren
- \* Warfarin
- \* Wesprin buffered
- \* Zorprin

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Michelle H. White, MD  
 Elite Oculoplastic Surgery, PC  
 5690 DTC Boulevard, Suite130W  
 Greenwood Village, Colorado 60111  
 Office phone: 303-500-5042

**\*\*OculoPlastic Post-Operative Surgery Instructions\*\***

**\*\*General Instructions for ALL surgeries and for all Blepharoplasty, Ptosis, Retraction, Lesion Excision, and Canthoplasty Procedures\*\***

**\*\*SUTURES:\*\*** If you have sutures, apply the antibiotic ointment to the sutures 4 times a day until your sutures are removed at your 1 week follow-up appointment. Eye make-up may be applied 7 days after the sutures are removed. If you had surgery on your lower lids you may feel a small bump on the outside corner of your eye. This is a dissolvable suture that the body will absorb over the next 8 weeks. Avoid any sun exposure to the incision line or bruised areas until all redness has disappeared. Sunscreen may be applied after the sutures are removed. PLEASE DO NOT CLIP ANY KNOTS!

**\*\*Common Experiences Following Surgery:\*\***

**\* \*\*Blood-tinged tears or secretions:\*\*** Dab gently with a Kleenex or a warm wash cloth. DO NOT rub the eye and DO NOT use soap near the eye.

**\* \*\*Bruising:\*\*** This varies greatly and is often related to how easily you bleed

**\* \*\*Swelling:\*\*** Expect swelling. The swelling will be the greatest between the 2 and 4 day after surgery. The swelling can last up to 2-6 weeks. Swelling can be reduced by sleeping with your head above the level of your heart. This can be accomplished by sleeping on extra pillows or in a recliner. Ice packs/crushed ice/frozen peas should be applied every hour for 20-30 minutes for while you are awake. Do not ice more than 30 minutes at a time. Switch to warm compresses after 2-3 days. Warm compresses for 20 minutes at least 4 times per day while the head is elevated above the heart will help swelling as well. Your eyelids may not close completely due to the swelling. To prevent drying of the eye, use artificial tears during the day and apply a small amount of the antibiotic ointment into the lower lid of the eyes before bedtime.

**\* \*\*Pain and Discomfort:\*\*** You may experience pain, burning, pulling, a "gritty" feeling, lightness, etc. in and around the eyes. Keeping the eyes lubricated will help reduce these symptoms. You may also experience light sensitivity for several months. Sunglasses are recommended.

**\*\*Activity/Diet:\*\*** Normal Activity can be resumed tomorrow. Do not strain, perform vigorous activities or swim for the next 2 weeks. You may shower and wash your hair tomorrow. DO NOT sign any legal documents for the next 24 hours. If you had anesthesia, you may feel tired for several days. Get plenty of rest and resume your normal diet, starting with light, non-greasy foods. DO NOT use Aspirin, Ibuprofen (Motrin, Nuprin, Advil etc.), Naproxen (Aleve), or any related drugs for 2 days after surgery unless cleared with your physician. These drugs can lead to bleeding problems. If you are on a blood thinning agent, resume your medication per the instructions of your primary care physician. DO NOT use tobacco in any form for 2 weeks after surgery as this leads to poor healing. Tobacco can also lead to failure of a skin graft

**\*\*PAIN:\*\*** On a pain scale of 1-10, with 10 being the worst, try to keep your pain below a 4. You may use Tylenol for pain relief. DO NOT exceed 4000mg of Tylenol in 24 hours. If you were prescribed pain medication, please take as directed and note that each tablet contains Tylenol. (Per Tablet: Norco contains 325mg of Acetaminophen and 5mg of Hydrocodone, Percocet contains 325mg of Tylenol and Oxycodone)

**\*\*CALL THE OFFICE AT 303-500-5042\*\*** if you experience any unusual pain, redness, swelling, excessive discharge, fever of 101 or greater, flu-like symptoms, or any vision changes not attributable to blurring from the antibiotic ointment.

**\*\*Possible Prescriptions:\*\*** Norco, Erythromycin/Bacitracin Ophthalmic Ointment

**\*\*OTHER INSTRUCTIONS:\*\***

RN SIGNATURE:

I understand these instructions:

Patient or Responsible Adult Signature

Date:

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Michelle H. White, MD  
Elite Oculoplastic Surgery, PC  
5690 DTC Boulevard, Suite 130W  
Greenwood Village, Colorado 80111  
Office phone: 303-500-5042

**\*\*NO FOOD OR DRINK AFTER MIDNIGHT\*\***

**\*\*STOP\*\***

\* If you take blood pressure medication and/or heart medication, please take this medication the morning of your surgery with a little sip of water.

\* If you take insulin for diabetes, please take one-half of your normal morning dose on the day of surgery.

**\*\*FOOD AND DRINK GUIDELINES\*\***

**\*\*For all Adults\*\***

\* No solid food or liquids after midnight, SIPS OF WATER ONLY UNTIL 4 HOURS BEFORE SURGERY START TIME!!!

**\*\*For Infants and children only.\*\***

\* No solid food after midnight

\* Clear liquids up to 3 hours prior to surgery

\* Breast milk up to 4 hours prior to surgery

\* Formula up to 6 hours prior to surgery

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Elite Oculoplastic Surgery, PC  
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Greenwood Village, Colorado 80111  
Office phone: 303-500-5042

**\*\*HERBALS AND VITAMINS TO PROMOTE SURGICAL HEALING\*\***

These herbals and vitamins can improve wound healing and help to reduce swelling, inflammation, and bruising from any surgery. They can be purchased at your local vitamin store. Follow directions and do not exceed recommended dosages below.

**\*\*Arnica Montana 30C, or 30X\*\***

- \* Take Arnica Montana tablets 3 days prior to surgery and continue until the bruising and swelling has subsided (usually 7-14 days).
- \* Dissolve 1 pill 3 times a day under your tongue starting 3 days before surgery
- \* Then dissolve 3 pills 3 times a day under your tongue for 5 days after surgery
- \* Then dissolve 1 pill daily under your tongue for one additional week
- \* Do not eat or drink for 20 minutes before or after taking the pills and do not touch the pills with your fingers. Instead roll the pills into the bottle cap and deliver them under your tongue.
- \* Note: Do not brush your teeth, 15 minutes before or 15 minutes after taking Arnica Montana.

**\*\*Bromenzyme (Bromelain) 500 mg\*\***

- \* Start 3 days prior to surgery and continue until the inflammation has subsided (usually 7-14 days)
- \* Bromelain should be taken between meals preferably on an empty stomach.
- \* Capsules should be taken throughout the day, for example: Take one tablet in the late morning, take one tablet in the late afternoon, and take one tablet before bedtime.

**\*\*Multivitamins including zinc, B-complex, and Vitamins C and K\*\***

- \* Start at least 2 weeks prior to surgery and continue for one month after surgery
- \* Follow daily recommended intake guidelines and do not mega dose
- \* Vitamin E in small doses is permissible but do not take extra Vitamin E supplements

**\*\*Vitamins and Herbs to Avoid\*\***

Please discontinue use of these nutritional supplements 2 weeks prior to surgery, and for 2 weeks after surgery:

- \* Alka-Seltzer
- \* Bilberry
- \* Cayenne
- \* Cinnamon
- \* Don Quai
- \* Echinacea
- \* Ephedra
- \* Feverfew
- \* Fish Oil Caps
- \* Garlic tabs
- \* Ginger
- \* Gingko biloba
- \* Ginseng
- \* Kava Kava
- \* Licorice Root
- \* Pepto-Bismol
- \* Phentermine
- \* St. John's wort
- \* Valerian
- \* Vitamin E
- \* Yohimbe

**\*\*PLEASE TAKE ONLY TYLENOL FOR PAIN MANAGEMENT\*\***