



CLARITY

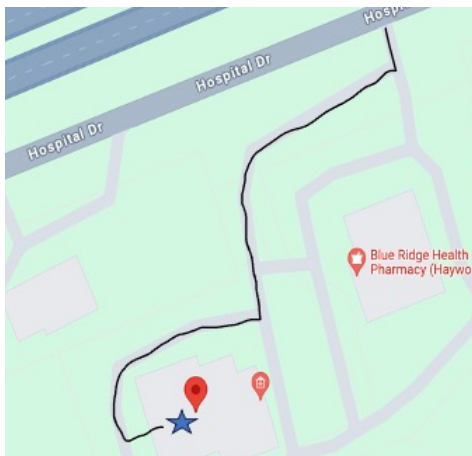
EYE AND FACE

OFFICE SURGERY INFORMATION

IMPORTANT

1. Please call us at 828-333-4844 if your insurance changes before the surgery. Changes may result in delay or cancellation of your surgery. You will be responsible for any charges incurred if you fail to provide us with up-to-date insurance information before your surgery.
2. Your surgery day and time are subject to change. We will call to confirm the date and time and will call if any changes are necessary
3. If you are getting a relaxing pill, please arrive 45 minutes PRIOR to your scheduled surgery time. Bring the pills with you and we will let you know when you can take the pill. If you are having ptosis surgery, you will not be able to take a relaxing pill prior and you should arrive at your scheduled surgery time

Your surgery will take place at 486 Hospital Drive, Clyde, NC.



We are located on the **BOTTOM** of Mountain Eye Associate's Clyde location near Haywood Regional Hospital. When you arrive, please drive around to the back. Text us at (828) 520-2776 or call us at (828) 570-5352. The door is locked but we will come out to let you in



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PREPARING FOR YOUR SURGERY

1. Contact your prescribing doctor if you are on a blood thinner due to a medical condition (blood clots, arrhythmias, strokes, heart attacks, artificial valves, etc.) to see if you are medically stable to stop the medication.
 - a. This includes medications like Coumadin, Plavix, Xarelto, Pradaxa, Brilinta, Effient, Savaysa, Aspirin, etc.
 - b. DO NOT stop these medications if your prescribing doctor does not recommend doing so. You will have more bleeding and bruising, but a bruise will go away; a heart attack or stroke will not.
 - c. *Dr. Choe does not recommend you undergo cosmetic surgery if your prescribing doctor does not feel you are healthy enough to stop blood thinning medications.*
2. Quit smoking (or reduce number of cigarettes you smoke) for at least 1 month prior to surgery.
3. Have extra strength Tylenol (500mg) and Ibuprofen 200mg available for post-operative pain.
4. Have a recliner or a wedge pillow prepared. Sleeping upright reduces swelling after surgery
5. Have a laxative or stool softener available (Colace, Senna, etc.) as prescription pain medications may cause constipation. These can be found over the counter
6. Have lubricating drops available (Refresh, Systane, TheraTears, etc.). The eyes may feel irritated after surgery and lubricating drops can soothe them. Avoid any brands that "get the red out" (Visine, clear eyes, etc.). These can be found over the counter
7. Have allergy drops available (Alaway, Zaditor, etc.). The eyes may feel itchy after surgery and allergy drops can help soothe them. These can be found over the counter or you can ask your eye doctor for a prescription.
8. IF icing is recommended after the surgery, have frozen vegetables (peas, corn, etc.), snack sized baggies, and a stack of clean wash cloths that you can get dirty. ****Reconstruction patients are not recommended to ice after surgery****
9. Prepare some audio entertainment (audio books, music playlists, etc.) for after surgery as it may initially be blurry to watch TV or read if you are having both eyes worked on

OPTIONAL ITEMS TO ENHANCE YOUR HEALING (available for purchase at Clarity Eye and Face):

- ◆ Hypochlorous eyelid solution (Ocusoft Hypochlor, Avenova, etc.), an anti-inflammatory disinfecting solution that helps reduce post-operative itching
- ◆ Bromelain 500mg and/or Arnica 1000mg can help reduce swelling and bruising. DO NOT USE if you are <18yo, pregnant, have a bleeding disorder, or liver or kidney failure. This can be purchased online, at natural food stores, or at Clarity Eye and Face
- ◆ LidLiftGoggle: If having an eyelid lift, LidLiftGoggle is a compressive eye mask that is better than icing at reducing bruising and swelling. It is worn continuously for 4 hours then as much as possible for 3 days (day of surgery and 2 days after). You cannot see with them on so intermittent breaks are recommended. Patients with severe claustrophobia are not good candidates. This can be purchased at Clarity Eye and Face



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2 WEEKS PRIOR TO SURGERY

- ◆ Stop herbal supplements, fish oil and Vitamin E. Multi-vitamins and joint supplements (chondroitin, etc.) are OK to continue
- ◆ If possible, limit use of Non-steroidal anti-inflammatory agents (NSAIDS) (Motrin, Ibuprofen, Aleve, etc.) including pain and/or cold medications containing these products
- ◆ Stop aspirin *if approved to do so by your prescribing doctor*
- ◆ You may continue your other medications. You must continue blood pressure medications

7 DAYS PRIOR TO SURGERY

- ◆ Stop Effient (prasugrel) and Plavix (Clopidogrel) *IF approved by your prescribing doctor*
- ◆ You may continue your other medications. Please continue blood pressure medications

5 DAYS PRIOR TO SURGERY

- ◆ Stop Brilinta (ticagrelor) *IF approved by your prescribing doctor*
- ◆ Stop Warfarin (coumadin) *IF AND WHEN indicated by your prescribing doctor* (this may be anywhere between 2-5 days prior – please ask your prescribing doctor)
- ◆ If you are continuing on Warfarin (Coumadin), please arrange to have your PT/INR level checked at your Coumadin clinic. *Please call us if your levels are too high*
- ◆ You may continue your other medications. Please continue blood pressure medications

2 DAYS BEFORE SURGERY

- ◆ Stop Xarelto (rivaroxaban), Pradaxa (dabigatran), Savaysa (edoxaban), Eliquis (apixaban), Lixiana (edoxaban), Arixta (fondaparinux), etc. *IF approved by your prescribing doctor*
- ◆ Pick up prescriptions sent to pharmacy to bring in for surgery (DO NOT START)
- ◆ Pick up a non-medicated petrolatum-based ointment (Vaseline, Aquaphor, Cerave healing ointment, etc.)
- ◆ You may continue your other medications. You MUST continue blood pressure medications

DAY OF SURGERY

- ◆ Do not apply any makeup or lotion to your face
- ◆ Do not wear contacts
- ◆ You can eat and drink on the day of your surgery but please limit caffeine 6 hours prior to surgery (it may make you less relaxed during surgery)
- ◆ Take your normal medications (especially medications for blood pressure) but do not take any blood thinners or sedating medications (Xanax, Valium, etc)
- ◆ Bring prescriptions that were sent to your pharmacy for use after surgery
- ◆ If you are scheduled for a relaxing pill, bring the pill with you. DO NOT take any of your own sedating medications (Xanax, Valium, etc.) prior to surgery. You MUST have someone who can drive you home AND stay with you
- ◆ Wear comfortable clothing. A button-down shirt is recommended as many patients prefer not to pull clothes over their head after surgery. Layers are recommended as it may be cold or hot in the surgery room!



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AFTER SURGERY

- ◆ You *MAY* be going home with a bandage. *IF* a bandage is placed, Dr. Choe will let you know when this can be removed (typically 1-7 days). *IF* a bandage is placed, you cannot get the bandage wet so taking a shower/washing your face may be difficult. Please be aware that if the bandage is covering an eye, it would cause your depth perception to be off and it will be difficult to wear glasses.
- ◆ Avoid strenuous activities (exercise that get your heart rate elevated, lifting objects you have to struggle to lift, etc.) for 1-2 weeks
- ◆ Avoid makeup or lotions to the incision for 2 weeks
- ◆ Avoid swimming for 2 weeks. Avoid swimming in lakes and rivers for 1 month
- ◆ Avoid contact lens wear for 2 weeks *if* incisions are on or around the eyes. Avoid pulling on the operated site to insert/remove contact lenses for 1 month
- ◆ Avoid pressure to the incision for 4 weeks (i.e. avoid face down position for massages, facials where they would rub on the incision, etc.)
- ◆ Avoid elective dental procedures including cleanings for 6 weeks if possible
- ◆ Avoid alcohol on the day of the surgery and if you are taking narcotic pain medications
- ◆ Avoid smoking (or limit the number of cigarettes you smoke) for at least 1 month after surgery
- ◆ You may drive once you are no longer taking any relaxing or narcotic medications *and* when you feel your vision is clear enough to drive
- ◆ You may take a shower and wash your face the next day as long as the water is fresh and clean. If taking a bath, do not submerge the operative site in the dirty bath water
- ◆ Expect bruising and swelling. Sleeping in an elevated position (recliner, etc.) helps reduce swelling. Swelling and bruising will get worse before it gets better and typically lasts 2-3 weeks
- ◆ Expect some oozing/bleeding for the first 24-48 hours.
- ◆ Expect some pain/discomfort for the first 24-48 hours
- ◆ You may eat after surgery but stick to bland foods if you find the sedatives and/or prescription pain medications upset your stomach.
- ◆ Resume blood thinning medications when recommended by your prescribing doctor
- ◆ You may resume fish oil and herbal supplements 2 weeks after surgery

If you have any questions, please call (828) 333-4844 or text us securely at (828) 520-2776