

Emily Bratton MD FACS
Oculofacial Plastic Surgery

TWO WEEKS prior to surgery STOP taking all pain and anti-inflammatory medications except Tylenol. NSAIDS other than Tylenol are listed below. Please stop taking any of these 2 weeks prior to surgery:

Ibuprofen (Advil), Naproxen (Aleve), Diclofenac (Volteran), Celecoxib (Celebrex), Meloxicam (Mobic)

Aspirin (if only taking it for pain management, if taking for a heart condition prescribed by your regular doctor or heart doctor, please notify our office so that we may ensure the correct time to stop prior to and restart after surgery).

If you take blood thinners (Aspirin, Plavix, Coumadin, Eliquis) prescribed by a doctor, ONLY stop that with permission of your primary care doctor or cardiologist – you must discuss this with your doctor at least 2 weeks prior to surgery.

STOP taking all herbal supplements and vitamins, including Fish Oil. These medications can thin the blood and can lead to excessive bleeding and bruising.

If you are a smoker, its best to STOP SMOKING 2 weeks prior to surgery - Nicotine can impair and delay the healing process. If you are getting a facelift, or more invasive procedure, you may need to stop smoking as much as 6 months prior to surgery. It is very important to reveal this to your doctor.

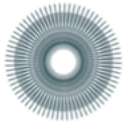
You will need the following items at home to use after surgery:

- Snack-size Ziploc bags with frozen peas
- Ice
- Gauze
- Q-tips
- Extra Strength Tylenol

Prescriptions will be sent to your pharmacy a week prior to your surgery. Please be sure you pick up these prescriptions PRIOR to your surgery so you do not have to run out and get them after you've had your procedure done.

You will need to rest and take care of yourself in the first few days after surgery - this means no strenuous exercise/activity; please make the necessary arrangements for household chores and childcare.

2 DAYS PRIOR to your surgery, we recommend you START taking Arnica Montana (for bruising) and Bromelain (for swelling). These are not mandatory, however, we have noticed a big difference in the post-operative recovery in patients who use these products. Continue



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taking them for 1-2 weeks following surgery. Follow dosage instructions on the bottles. These products can be found in Whole Foods stores and some pharmacies.

DAY OF SURGERY arrive without make-up and in comfortable clothing. You do not need to fast if the procedure is being done in the office with local anesthesia. If it is scheduled in the operating room or in our office with IV anesthesia, then you **CANNOT** eat or drink for 8 hours prior to your scheduled surgery time. Please follow the guidelines given to you by the pre-operative team at the surgical center.

PLEASE bring someone to drive you home from your procedure! You are having surgery on one or both of your eyes, **DO NOT** plan on driving yourself home unless you have specifically asked and were told it was ok to do so.