



Pre-Operative Eyelid Surgery Instructions:

How to Prepare for Eyelid Surgery

- Please stop all medications that can affect bleeding. If you are on blood thinners such as Aspirin, Eliquis, Pradaxa, Plavix, Warfarin, etc. you will need permission to discontinue this in accordance with your healthcare physician. Do not take any pain relievers aside from Tylenol and refrain from all NSAIDS such as motrin, aleve, ibuprofen, naproxen etc. Over the counter vitamins should also be stopped (Vitamin E, Omega 3, Gingko Bilboa, etc.).
Please see attached handout of unsafe medications to take prior to surgery.
- If you a smoker, please stop smoking for two weeks prior to surgery. Smoking can delay wound healing.
- All prescriptions will be sent to your pharmacy beforehand, please bring them with you on day of surgery.
- You will need to rest for several days after surgery. Make necessary adjustments to your work schedule as well as any arrangements for childcare and household chores.
- If you wear contact lenses, you will need your glasses for after surgery.
- If you are on Ozempic or Mounjaro this can interfere with your anesthesia and will need to be adjusted. Please notify us.
- Recommended items for after surgery:
 - Dark Sunglasses
 - Dark pillowcase
 - Ice, frozen peas or equivalent.
 - Gauze for cleansing
 - Qtips for ointment placement
 - Gentle facewash such (ie: CeraVe or Cetaphil)
 - Extra-Strength Tylenol
- 5 Days Prior to Surgery:
 - There is some evidence to suggest that BROMELAIN can help swelling and ARNICA MONTANA can help bruising. These can be found at your local Whole Foods or naturopathic store. While not required, it may help recovery. Follow instructions on the bottle and continue for 1-2 weeks after surgery.
- Day of surgery:
 - Please arrive with clean hair, no make-up and in comfortable clothing.
 - You will need someone to drive you home if you will be having any oral or IV sedation.

I have received, read, and understand these instructions. I have been given a copy for reference.

Signature:

Date: