



Oculofacial Plastic Surgery Instructions for before and after surgery

Your surgery is scheduled on _____

Your first postoperative appointment is on _____

The highly personalized details of your upcoming cosmetic or reconstructive oculofacial plastic surgery have been carefully planned and we are excited to help you reach your goals. Please follow these instruction to optimize the likelihood of the best outcome.

PRIOR TO YOUR SURGERY

- Please tell your surgeon ahead of time if you have ever been on Accutane, received radiation therapy to the head or neck, taken steroids or immune-suppressive agents, or if you are on blood-thinners or anticoagulants.
- Please tell your surgeon ahead of time if you are HIV positive, or have had recent chemotherapy, etc. Certain autoimmune disorders may increase the risks of poor healing and infection leading to permanent scarring and poor aesthetic results. It is critical that you inform us if you have any of these conditions before surgery.
- Please discontinue all aspirin containing medicines 2 weeks prior to your surgery if permitted by your primary care physician or cardiologist.
- Similar medicines that should be avoided include: Motrin, Advil, Aleve, Excedrin, Bufferin (for a complete list, please see your preoperative packet).
- Please avoid smoking anything for two weeks before and after your surgery.
- Please avoid drinking herbal teas and herbal supplements 1 week prior to surgery except for those recommended by our office.
- Please be sure to fill your prescriptions before your surgery, if appropriate.
- Please have nothing to eat or drink after **12 midnight**, the night before surgery if your surgery will be performed in a surgery center with IV sedation. You may eat up to one hour before surgery if you are having an in-office surgery with oral medication.
- Please wear loose-fitting, comfortable clothes the day of your surgery.
- Please arrive on time, this helps us avoid delays.
- Please arrange for an escort to take you home after your surgery. No one is allowed to travel home by themselves or by Uber or Lyft after sedation.
- Please arrange to have someone stay with you on at least the first night after your surgery if you live alone.
- Please refrain from wearing make-up, moisturizer, or jewelry and leave your valuables at home on the day of surgery.
- Please don't wear contact lenses the day of surgery and for two weeks after surgery on your eyes.

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AFTER YOUR SURGERY

- Call the office promptly regarding any unusual pain, redness, swelling, excessive discharge, fever exceeding 100 degrees, progressive abdominal pain, or flu-like symptoms. Any vision changes not attributable to blurring from ointment should be reported to the office immediately. On-call doctors are available 24/7, so do not hesitate to contact us. Go to the nearest emergency room for any life-threatening problems.
- Nausea or vomiting can occur for the first 24 hours following surgery. Please notify us if you are experiencing severe nausea and vomiting and are unable to keep liquids down.
- Please take the medications as prescribed by our office, and also take your normal prescription drugs. For blood thinners, please follow your cardiologist's or primary care physician's instructions. Aspirin can be resumed 48 hours after surgery.
- After surgery on the tissues around the eye, it is common to have increased secretions. Swelling and bruising are also expected. You may use a washcloth or gauze with warm tap water to gently clean the area.
- Facial swelling can be reduced by sleeping on a few extra pillows or in a recliner. If possible, sleep on your back rather than on your side for the first 2 weeks.
- **Use ice, cool compresses, or frozen Karo syrup in zip-lock bags applied for 20 minutes out of each hour while awake for the first 24-36 hours** to reduce swelling to facial areas that have undergone surgery, except if you had a skin graft (no ice on skin grafts). Do not place anything frozen directly on your skin but instead use a facecloth or gauze compress dipped in cold water under the ice or frozen syrup.
- **Switch to warm compresses after the first 2 days** for 3-4 times a day for 5 minutes each; continue until your follow up appointment or until your bruising and swelling are resolved. You can purchase a commercially available warm compress or make your own by putting dry rice in a clean sock and microwaving for 20-30 seconds.
- It is normal to have mild-moderate tenderness to touch in the surgery areas. This should improve over the first several weeks after surgery.
- If you have stitches on your face, use hydrogen peroxide on a Q-tip to clean them once a day. Peroxide dissolves dried blood and reduces swelling, but avoid getting it in your eyes and stop using it after one week. Apply the antibiotic ointment 2-3 times daily for the first two weeks.
- Foundation makeup can be used after one week, you should wait two weeks to wear eye makeup.
- Normal activities can usually be resumed one to two weeks after surgery, including sex. Avoid straining or any activity that causes a feeling of pressure in the face and eyes. Avoid bending for two weeks, lifting anything greater than 5 lbs. Do not swim for two weeks or engage in vigorous exercise. You should not be driving if you are still taking pain medicine.
- Showering and washing hair can be done two days after surgery.

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- Please refrain from smoking any substance for 2 weeks before or after your surgery.
- Aspirin, ibuprofen (Motrin, Nuprin, Advil), naproxen (Aleve), ketoprofen (Orudis), and related drugs should be avoided for 2 weeks before surgery, as they can lead to bleeding problems. They may be resumed 48 hours after surgery. Extra Strength Tylenol or your prescription pain pills can be used as needed.
- Eyeglasses and sunglasses can be worn right after surgery. Do not wear contact lenses for two weeks if you had surgery on the eyelids.
- As best as you can, try to avoid direct sun exposure to the operated areas for the next six weeks. Apply at least SPF 30 sunblock when you go outside.
- Avoid the use of hot tub or sauna for two weeks.
- Expect to feel tired for the first 3-10 days. Get plenty of rest and eat well to restore your energy. You may want to start with lighter foods and then work your way back to your usual diet as your appetite improves. Be good to yourself – you deserve it.

POST-OPERATIVE RECOVERY SCHEDULE

DAY 1: Return home, leave any surgical dressing undisturbed. May use cool compresses for the first 24-36 hours. Bruising and swelling will be moderate.

DAYS 2-3: Aching, throbbing. Take pain medication if you need it. Maximum swelling and bruising.

DAY 3: Remove any dressing at home. Take a shower. Start cleaning any wounds with hydrogen peroxide followed by application of antibiotic ointment. Use the antibiotic ointment 2 to 3 more times per day.

DAY 6-8: Come to the office for an appointment for follow-up as listed on the first page. We will usually check your healing again between 1 month and 3 months later.

6 Months: Your surgical outcome has reached its final state. Enjoy your result.

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