



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 for any reason.
- 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 alcohol, beer, and wine 48 hours prior to surgery. Please avoid drinking herbal teas and herbal supplements 1 week prior to surgery except for those recommended by our office.
- Please avoid caffeine drinks 48 hours prior to surgery (coffee, energy drinks).
- Please be sure to fill your prescriptions before your surgery since it means one less thing for you to worry about afterward.
- Please have nothing to eat or drink after **12 midnight**, the night before surgery.
- 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.
- 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.

Fante Eye and Face Centre

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Postoperative Instructions after Tear Duct Surgery

DATE OF POST-OP:

Call the office regarding any unusual pain, redness, swelling, excessive discharge, fever, or flu-like symptoms. Any vision changes not attributable to blurring from ointment should be reported to the office immediately.

1. After surgery on the tissues around the eye, it is common to have increased secretions. Swelling and bruising are also common. You may use a washcloth or gauze with warm tap water to gently clean the area.
2. Sleeping on a few extra pillows or in a recliner can reduce swelling. Ice or a cold compress applied for **20 minutes out of each hour while awake for the first 24-36 hours** will also reduce swelling. Frozen peas or corn in a baggie make a good compress that can be reused. You may switch to warm compresses after the first 2 days if needed. If you have had a skin graft, use ice for the first 24 hours only, then switch to warm.
3. Normal activities can usually be resumed several days after surgery. Do not strain or perform vigorous activities while your stitches are in place. Do not swim for 2 weeks. Showering and washing hair can be done the day after surgery unless a dressing is in place.
4. Do not blow your nose for 2 weeks after surgery, and then only gently. Also try to sneeze through your mouth. A mild intermittent nosebleed is common for the first 2-3 days. If there is a large amount of blood, call our office immediately.
5. A tiny plastic tube may have been placed into the tearing system to help hold it open during the healing process. You may be able to see it in the inner corner of your eye but avoid disturbing it and do not pull on it. It is typically left in place for several months and can be removed easily in the office.
6. 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 bland foods and then work your way back to your usual diet as your appetite improves.
7. **Your ACE inhibitors may be taken again when you return home from the surgery center, if your stomach can handle it.**
8. **Medications:**
 - a. Pain medication: take your prescribed pain medication or Tylenol as needed. Aspirin, ibuprofen (Motrin, Nuprin, Advil), naproxen (Aleve), ketoprofen (Orudis), and related drugs should be avoided for 2 weeks before and after surgery. These drugs can lead to bleeding problems.
 - b. Saline nasal spray and steroid nasal spray: 2 puffs once daily into the operated nostril for 6-12 weeks after surgery.
 - c. Antibiotic and steroid eye drops: 1 drop into the operated eye every two hours while awake for 2 days, then four times daily until gone. **(Tobradex ophthalmic suspension 5cc)**
 - d. Oral antibiotic: 1 tablet four times a day until gone.
 - e. Mupirocin ointment 2% 2 times a day to effected nostril **(Maybe given to some patients).**
 - f. Prednisone 10 mg tablets in tapering fashion as follows:
 - 5 tablets on the **day of surgery**
 - 5 tablets on the **second day**
 - 4 tablets on the **third and fourth day**
 - 3 tablets on the **fifth and sixth day**
 - 2 tablets on the **seventh and eighth day**
 - 1 tablet on the **ninth and tenth day**