



OCULOPLASTIC SURGERY

Pre/Post Operative Instructions

Pre-Operative Instructions

Healing

One of the keys to a successful surgical outcome is healing. You can do several things to enhance healing prior to surgery.

- Eat right. Good nutrition is essential for healing.
- Take one high-potency multivitamin tablet each morning for 2 weeks prior to and for 1 month after surgery.
- **Do not smoke** for 1 week prior to and 2 weeks after surgery. Smoking decreases your circulation and is one of the biggest inhibitors of healing.

Bleeding

Bleeding can cause significant problems at surgery. Certain drugs may increase your tendency to bleed and it is important not to use these drugs before surgery.

- **Do not take aspirin** or aspirin-containing products such as Alka-seltzer for 2 weeks prior to surgery.
- Do not take non-steroidal anti-inflammatories (i.e., Advil, Aleve, Motrin, Ibuprofen, etc) for 2 weeks prior to surgery.
- Do not take Vitamin E, Fish oil, Omega 3 Fatty acids or Gingko supplements for 2 weeks prior to surgery.
- You MAY take Tylenol or acetaminophen-containing products as needed.
- If you take blood thinners such as Coumadin, Plavix or Lovenox, talk to Dr. Mok about discontinuing this medication prior to surgery.

Eating

- Do not eat or drink anything after midnight on the night before your surgery.
- You may take your medications with a sip of water on the morning of surgery. If you take medications for high blood pressure, please take those pills on the morning of surgery. Please do not take your medications for diabetes.



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Clothing & Preparation

Wear comfortable, loose-fitting clothing that does not need to be pulled over your head.

Transportation

Please make arrangements for a friend or family member to drive you home. You will not be able to leave unattended.

If you have any questions, please contact us at (562) 988-8668. We look forward to being of service to you.

Post-Operative Instructions

- When you get home, start using ice water compresses on the operated side(s) for 10-15 minutes every 1-2 hours while you are awake. (Frozen peas or corn work great as well). Continue to do this for the first 3 days after surgery.
- You may also take oral Arnica. Many patients find this helpful for bruising.
- If you have pain, you can use Tylenol 500 mg, 1-2 tablets by mouth every 4 hours as needed for pain.
- It is normal to have some oozing or bloody tears. Hold ice and pressure over the eyes for 5 minutes. Please call immediately if you have bleeding that does not stop.
- Sleep with your head elevated for 2 days after surgery. (Additional pillows can be used to accomplish this).
- Use Antibiotic ointment on the sutured areas 2 times a day and in the operated eye(s) for 1 week. Make sure your hands are clean before you apply the ointment.
- Use artificial tear drops in the eyes if they feel dry, itchy, or scratchy.
- Do not rub your eyes.
- You may start showering the day after surgery. Do not let the water directly spray your eyes. You may use shampoo and conditioner, as you feel necessary.



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- Do not exercise vigorously for 1 week after surgery. This includes lifting heavy objects, bending over, running, etc.
- Do not use aspirin or non-steroidal anti-inflammatories or supplements (Motrin, Advil, Fish oil, etc.) for 1 week after surgery.
- You may resume using makeup 1 week after surgery.

When to Call

If you notice any significant increases in pain, changes in vision (that are not due to the ointment), excessive bleeding, swelling or redness around the operated areas, call the office immediately at (562) 988-8668.