

Medications to Avoid Prior to Surgery

Medications on this list should be discontinued **1 week** prior to surgery and only acetaminophen products, such as **Tylenol**, should be taken for pain. If you are taking a prescription blood thinner, talk to your prescribing physician about discontinuing this medication prior to your surgery. All other medications including prescriptions, over the counter and herbal supplements should be specifically cleared by your doctor prior to surgery.

If you are taking any of the following drugs or supplements, these must be discontinued prior to surgery:

Coumadin Warfarin Jantoven Xarelto (Rivaroxaban) Eliquis(Apixaban) Plavix (Clopidogrel) Pradaxa Aspirin

Celebrex- stop 1 week prior to surgery.

Ibuprofen (Advil, Motrin) - stop 1 week prior to surgery

Naprosyn (Aleve) - stop 1 week prior to surgery

Some over-the-counter herbs can also affect bleeding. These include chondroitin, dan shen, feverfew, garlic tablets, ginger tablets, ginkgo, ginseng, and quilinggao and fish oil.

After surgery you should avoid all anti-inflammatory medications including ibuprofen (Advil, Motrin) and Naprosyn (Aleve) and any other prescription anti-inflammatories, unless your surgeon prescribes them.

Resume all medications per your discharge instructions. You may take Tylenol (acetaminophen) unless otherwise instructed not to do so.

Q & A Regarding Eye Surgery

Q. What should I avoid during my recovery period? Refrain from doing any activity that has the potential to raise your blood pressure such as exercising, bending, lifting, brisk walking.

Q. When will my stitches be removed? If dissolvable stitches are used. About 7 days after your surgery your incision might become slightly tender and itchy, lasting 2-4 days. This is the sign your stitches are dissolving. A cold compress may offer relief. The office will schedule an appointment for removal of stitches if non dissolvable stitches are used.

Q. Can I do anything to minimize bruising and swelling? Sleep with your head & shoulders slightly elevated for one week following surgery to minimize the collection of fluids in the face and eyelids. Follow the instructions you receive from the discharge nurse. These guidelines are personalized for you, they supersede any general guidelines. You may be advised to use cold compresses after some surgeries, compresses reduce bruising and swelling. The hospital will send you home with a reusable ice mask. If you receive a gel mask, it may be more comfortable in the refrigerator, not the freezer. If you receive the style that is filled with ice, use crushed ice, rather than large cubes, to protect your delicate eye area from roughness. ***Some surgery sites should not be iced after surgery, if you are unsure, please call our office.***

Q. How soon after my surgery can I shower? Shower the morning of your surgery washing your hair, eyebrows and eyes very well. You may shower 24 hours after your surgery with your back to the stream of water. If there is a lot of crusting & mattering in your eyelashes in the morning a very, very diluted amount of baby shampoo can be used to clean the eyelashes (one capful of water to one drop of shampoo). Q-tips can be helpful in cleaning lashes and for applying ointment.

Q. How much time should I plan to take off work following surgery? Normally most patients feel comfortable returning to work and resuming their social activities in about two weeks. Some patients take off only one week from work if they have a "desk job". This will vary depending on your type of procedure and how quickly you heal.