SARAH AVILA MD
OCULOFACIAL PLASTIC SURGERY

Surgery Center:
Coral Gables Surgery Center
2645 S.W. 37th Ave Suite 400
Coral Gables, 33133

PRE-OPERATIVE INSTRUCTIONS

Your surgery is scheduled for at the **Coral Gables Surgery Center.**
Please review these instructions before surgery. Your surgical and anesthesia teams may provide additional instructions specific to your medical history and procedure.

Medical clearance and testing

- Obtain medical clearance within **45 days of your scheduled surgery**. If you do not have a healthcare provider who can complete your clearance, contact our office for a recommendation.
- Confirm that your medical clearance, required bloodwork, and EKG have been faxed to and **received by our office at least 7 days before surgery**.

Medications and supplements

- **GLP-1 medications:** If you take Ozempic, Wegovy, Mounjaro, Zepbound, or a similar medication for diabetes or weight loss, notify our office in advance. These medications must be held for **2 weeks before surgery**. Coordinate this medication with your prescribing clinician, especially if you take it for diabetes, so your blood sugar can be managed appropriately.
- **Blood thinners:** If you take aspirin, Eliquis, Pradaxa, Plavix, warfarin, or another blood thinner, notify our office. **Do not stop or change a prescribed blood thinner on your own.** Your prescribing clinician and surgical team must provide an approved plan for when to stop and restart it.
- **Pain relievers:** Avoid ibuprofen (Advil/Motrin), naproxen (Aleve), and other NSAIDs according to the attached medication handout. Tylenol (acetaminophen) may be used as directed unless you have been told otherwise.
- **Vitamins and supplements:** Follow the attached handout regarding which vitamins and supplements to stop and when. These may include vitamin E, omega-3 supplements, and ginkgo biloba.
- **Arnica and bromelain:** These optional supplements may help reduce bruising and swelling, although evidence is limited. You may begin taking them orally **1 week before surgery**, following the recommended product and dosing instructions.
- **Prescription eye drops:** Continue your prescribed eye drops unless your surgeon or anesthesia team instructs you otherwise.

- **Morning medications:** Confirm with the anesthesia team which medications—including blood pressure and diabetes medications—you should take on the day of surgery. Take only the approved medications with a small sip of water.

If you have not followed your medication instructions, notify our office immediately. Surgery may need to be postponed, and cancellation fees may apply.

Prescriptions and recovery arrangements

- Pick up **all prescribed medications before surgery** and bring them with you so our team can review the instructions. Do not start them until instructed.
- Contact our office if your pharmacy has not received your prescriptions or cannot fill them.
- Stop smoking at least **2 weeks before surgery**. Smoking can delay wound healing.
- Plan to rest for several days after surgery. Arrange time away from work and help with childcare and household tasks.
- Arrange for a **responsible adult age 18 or older** to drive you home and stay with you for **at least 24 hours after surgery**.
- If you wear contact lenses, have your glasses available for use after surgery.

Recommended supplies

We will provide:

- Dark sunglasses
- An ice mask, to be used as instructed for your procedure
- Clean Gauze

Please have the following ready at home:

- A dark pillowcase or towel
- Cotton swabs for applying ointment
- Gentle face wash, such as CeraVe or Cetaphil
- Tylenol (acetaminophen), if appropriate for you
- A large water bottle or cup with a straw to help you stay hydrated after surgery

If you are having laser resurfacing: Please also have all supplies listed in your separate pre- and post-laser care handout ready before surgery.

Surgery-center arrangements and fees

- The surgery center will call you on the **Friday before surgery** to confirm your arrival time and review additional instructions.

- **Please remember: Facility and anesthesia fees will be collected by Coral Gables Surgery Center on the day of surgery. Please be prepared to make these payments when you arrive.**
- **Complimentary valet parking** is available for surgical patients.

The night before and day of surgery

- **Do not eat or drink anything after midnight the night before surgery unless the anesthesia team gives you different instructions.** Follow any additional fasting or dietary instructions provided for your medications.
- Take only the morning medications approved by the anesthesia team, with a small sip of water.
- Arrive with clean hair, **no makeup or jewelry**, and comfortable clothing.
- Bring your glasses and prescribed medications.
- Confirm that your responsible adult is available to drive you home and stay with you for at least 24 hours after surgery.

Questions?

Questions about your surgery or prescriptions:
Dr. Avila's office: **(305) 317-6448**

Questions about the surgery center, arrival time, or facility and anesthesia fees:
Melissa at Coral Gables Surgery Center: **(305) 461-3229**