SARAH AVILA MD
OCULOFACIAL PLASTIC SURGERY

Pre-Operative In Office Surgery Instructions

Medications and supplements

- **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. If approved by our team, begin **5 days before surgery** and continue for **10 days afterward**, using the recommended product and dose.
- **Prescription eye drops:** Continue your prescribed eye drops unless your surgeon instructs you otherwise.

Please review the attached handout of medications and supplements to avoid before surgery.

Prescriptions and recovery arrangements

- Pick up **all prescribed medications before surgery** and bring them with you so our team can review the instructions with you. 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
- If you will take triazolam before arriving, your responsible adult must also **drive you to the office** and accompany you after you take it.
- 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
- Artificial Tears

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.

Day of surgery

- Arrive with clean hair, **no makeup or jewelry**, and comfortable clothing.
- Wear glasses instead of contact lenses.
- Bring all prescribed medications.
- Follow any eating and drinking instructions provided by our team. If you have not received these instructions, contact our office before your procedure.

If you have been prescribed triazolam:

- Take **one tablet of your prescribed strength 1 hour before surgery**, only as directed by Dr. Avila.
- Bring the second tablet with you. **Do not take it unless Dr. Avila specifically instructs you to do so.**
- **Do not drive after taking triazolam.** Your responsible adult must drive you to and from the office.
- Do not drink alcohol or combine triazolam with other sedating medications unless specifically approved by Dr. Avila.

Questions or concerns? Call Dr. Avila's office at (305) 317-6448.