

FACIAL SURGERY PREOPERATIVE INSTRUCTIONS

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Name: _____ Chart # _____

Your surgery is scheduled for ____/____/____ at _____ am/pm. Please arrive at the office by _____ am/pm.

FINANCIAL:

We make every effort to schedule your appointment for surgery that is the most convenient for you and to fit your personal schedule. In return, we ask that you make every effort not to change your reserved surgery time.

We reserved a large portion of the doctor's schedule exclusively for you; therefore we require a 72 hr. cancellation notice or a charge will be made of \$350.

We request that you call during our office hours and cancel with our surgery scheduler at 845-0333, ext 104.

Our office hours are 9:00 am to 5:00 pm thru Thursday, and
9:00 am to 1:00 pm Friday.

- If you are taking medication for high blood pressure, you will need to get medical clearance from your family physician within one month prior to surgery. Please inform our surgery scheduler.
- All anticoagulants, including aspirin and aspirin-type products such as herbal supplements as listed with this sheet need to be discontinued and resumed per your primary care physician's orders.
- You will use Tobradex ointment after surgery. Prescription for Tobradex will be given to you and should be filled before surgery date.
- We request that someone be with you for the first 24 hours to help you with postoperative care.
- Eat a very light breakfast the morning of surgery, even if you not usually do so. You will be taking Valium and this can cause nausea on an empty stomach. TAKE VERY FEW SIPS OF LIQUID. Do not drink coffee or tea, as there are no bathroom breaks during surgery.
- Dress comfortably. Do not wear pullover shirts. Some iodine stain may get on your clothes near the neck. Have your hair pulled back. Do not wear any make-up.
- If you are a contact lens wearer, be sure to bring your glasses with you. You will not be able to wear your contact lenses the day of surgery.

Remember....

- 1) Have at least 3 snack-size zip-lock baggies full of frozen peas or corn ready to be used for the first 48 hours post-op. You will receive a tubular dressing in which to place the bags. You will also receive a small bag with sterile eye pads and sterile eyewash in it. You will be shown how to apply the eye pads, moistened with the sterile eyewash, to the surgery sites in a sterile fashion on the day of surgery. Moist cold penetrates deeper than dry cold, and so the moist eye pads are applied under the tubular dressing that contains the cold bag of peas.
- 2) Have finger foods on hand.

- 3) **Have flexible straws on hand.**
- 4) **Have a recliner (or bed) set up to allow you to sit and sleep with your head between 45 degrees (halfway between lying flat and upright) and 90 degrees (upright). Avoid tilting your head or lying on your side. A “Moshi” or travel pillow that cradles your neck can be very helpful.**
- 5) **Keep your eyes well-lubricated at all times. You will be asked to use an eye ointment at least 4 times a day for the first 2 weeks post-op. You may use eye gels between applications of ointment if needed. Allowing the eye surface to get dry (which can happen especially easily when the lids are swollen and not closing in a normal fashion) can lead to serious complications to your eyes. Lubricate! Lubricate! Lubricate!**
- 6) **Having favorite movies you can visualize with your eyes closed, and relaxing music and taking the prescribed Valium will help to make the first 48 hours go by faster. Learning another language or brushing up on one can make you feel accomplished, and is especially successful when you are visually deprived.**
- 7) **Dr. Hudak will be available after office hours on her cellular phone (919-623-8314).**

You will likely have some bruising and swelling post-operatively. Most patients will have only little bruising one week after surgery; some patients have bruising that lingers for two weeks. Taking 1500mg/day of Vitamin C and/or Arnica (e.g. sold at GNC) for the 3 weeks before surgery and for at least 3 days after surgery will significantly reduce your bruising.

The head elevation, cold packs, and mild pressure over the surgery site are important to minimize swelling and allow the lids to close in a more normal fashion as fast as possible, which is what is best and safest for your eyes. Cleaning of the lids/brows/face post-op should be done gently, with minimal rubbing, using sterile gauze pads and sterile eyewash or sterile water. There is frequently a dramatic improvement in the swelling on post-op day 4, 5, or 6. There is usually a small amount of swelling seen by one week post-op, and it takes 6 or 7 weeks till it looks like swelling is gone. Nevertheless, everyone shows further improvement till about 4 months post-op.

Be patient. Everyone heals a little differently. Dr. Hudak will be watching you carefully to try to help you get better as fast as possible. In nearly all cases where there was a delay in a person’s swelling, bruising, or return to normal vision, it was because the person was non-compliant with the post-operative instructions.

Post-operatively, you will do the following 4 times a day, for 2 days:

- 1) **Remove the “used eye pads”.**
- 2) **Apply 1/3 inch of Tobradex Ointment into each eye on which lid or brow surgery was done.**
- 3) **Open 2 sterile eye pads using sterile technique.**
- 4) **Moisten each pad with sterile eyewash.**
- 5) **Pinch each moistened sterile eye pad to lift them, and apply the never-touched side of the pads over the gently closed eyelids. (In this way, the only thing making contact with the surgery site in the first 48 hours post-op is sterile).**
- 6) **Replace the cold pack in the tubular dressing. Change the pack every 2 hours.**