

### INSTRUCTIONS BEFORE YOUR SURGERY

**Note:** If you are taking prescription blood-thinning medications such as Coumadin, Plavix, Heparin, Lovenox, Aggrenox, please discuss this with your primary care physician and Dr.Reddy well before the surgery. In most cases, these will have to be stopped 1-2 weeks before surgery.

#### Two weeks before surgery

- Do not take blood-thinning medications, vitamins, or herbal supplements including Aspirin, Ibuprofen (Advil, Motrin), Naproxen (Aleve), cough medicines  
Vitamin E, omega-3/fish oil, flaxseed oil, Metabolife or fat burners
- NOTE: Acetaminophen (Tylenol) can be used at any time unless you have liver disease
- If you are taking a birth control medication and are prescribed an antibiotic, speak to your primary care doctor – antibiotics may decrease the effectiveness of some forms of birth control.

#### One week before surgery

- If prescribed, pick up your post-operative medications. If not, you will receive them on the surgery day.
- If you are prescribed a pain medication such as Tylenol #3, Vicodin, or Percocet, you may experience a side effect of constipation. To minimize constipation, increase the fluids, fiber, and fruit in your diet. Over-the-counter medications that alleviate constipation include Colace, Metamucil, and Citrucel.
- Arrange for transportation to and from the surgical center. Someone should also be at home with you for the first 24 hours after surgery
- 5 days before surgery (optional): Arnica Montana Tablets are over-the-counter homeopathic supplements that *may* decrease the amount of bruising you have after surgery. Use these as directed on the package. Do NOT take these if you are on prescription blood thinning meds.
- Pick up your post-operative prescription medications so that you have them on the day of surgery

#### The day before surgery

- You will be receiving a call confirming the location and time surgery
- Do not eat or drink anything including water after midnight the day before surgery. If your surgery is late in the day(after 3 pm), do not eat or drink anything for at least 8 hours before surgery.

#### The morning of surgery

- Take your blood pressure medications with a small sip of water
- Diabetics: For most patients, we recommend not taking insulin or oral hypoglycemic on day of surgery. Specific issues should always be discussed with your internist/endocrinologist.
- Do not eat or drink anything for at least 8 hours before surgery
- Shower or take a bath as you normally would. Do not use lotion, powder, perfume, or makeup
- Do not wear contact lenses – wear glasses instead.
- Do not wear jewelry (including piercings). Wear comfortable loose-fitting clothing
- Bring sunglasses to increase the comfort of your eyes after surgery
- Dr. Reddy will meet you in the pre-op area - you will have ample time to ask any last-minute questions.
- **Relax.** We are all here to take care of you.

If you have any **questions**, please call our office at Tribeca:212.966.3901, Columbus Circle: 212.957.6933

After business hours, if you need to contact Dr.Reddy, please tell the answering service to page him directly.

## INSTRUCTIONS AFTER YOUR SURGERY

### The Day of Surgery

- After surgery, you will be monitored for safe recovery from anesthesia and pain control. The eyelids will be swollen and bruised, and cool compresses will be applied to the eyelids. Unless you are instructed otherwise, your eyes will not be patched closed.
- You will likely go home the same day as your procedure.
- You will not be able to drive yourself.
- Sunglasses will help your eyes feel more comfortable.
- Pick up your post-operative prescription medications (if you haven't already).
- After surgery, Dr. Reddy will meet you and your family/friends in the recovery area. He will discuss with you post-op instructions and answer any questions you might have.
- **IMPORTANT:** At any time after the surgery, if you have severe worsening eye pain, forward bulging of the eyeball, double vision, or decreased vision, these can be signs of a rare but very dangerous bleed behind the eyeball. Go to the nearest ER immediately if these occur and call Dr.Reddy directly

For serious or life-threatening medical emergencies, call 911 or go to the nearest emergency room immediately.

### Days 1-3 after surgery

- From the time you get home to 2 days after surgery: Apply cool compresses to your closed eyelids as much as possible. A regimen of "5 minutes on/10 minutes off" several times an hour while awake is ideal. You may use gauze soaked in ice water, a dry wash cloth wrapped around an ice pad/frozen peas, or a Ziploc bag filled with crushed ice.
- Begin applying ointment to the incisions 3x/day. Wash your hands with soap and hot water – then apply a small bead of ointment onto the tip of your finger and gently spread the ointment along the incision. The ointment can cause your vision to be blurry, but it is safe for the eyeball.
- Keep your head elevated, especially while sleeping. Use two pillows or a foam wedge. This helps bruising and swelling to resolve.
- Keep activity to a minimum for the first 3 days. Avoid bending over. You may use your eyes as you normally would to watch TV etc. – it will not damage the eyes to use them.
- Showering: Do not shower for 24 hours after the surgery - you may bathe and gently dab your face. After 24 hours, you may shower but do not allow the stream of water to directly hit your eyelids.
- You may resume most blood thinning medications 2-3 days after surgery.
- Optional: Take the supplement *Arnica Montana* for 7-10 days after surgery as directed on the package to potentially decrease bruising. Do NOT take these if you are on prescription blood thinning meds.
- Some amount of pain is normal after surgery – the vast majority of patients are able to control the pain with prescription or over the counter (Tylenol) medications.
- Some nausea due to the anesthesia used during surgery is also normal. Eating small quantities of non-spicy foods can minimize nausea until the anesthesia wears off.

#### **Days 4-7 after surgery**

- Your eyes may be slightly dry or scratchy for the first week. Over-the-counter liquid artificial tears can be used to help these symptoms. Preservative-free tears are the most gentle.
- Use sunglasses while outside even if there's no bright sun. This minimizes your eyes' sensitivity to light and can also minimize darkening of the scar along the incision.
- Starting Day 4 after surgery, warm compresses 3x/day will help to clear the swelling
- Avoid strenuous activity or heavy lifting - walking and gentle exercises are a good idea
- Your first post-operative visit will be approximately 1 week after surgery: Non-dissolvable sutures will most likely be removed at this visit.

#### **Weeks 2-6 after surgery**

- Absorbable skin sutures will dissolve within 10-14 days of surgery.
- You may apply cosmetics 2-3 weeks after surgery, once the incisions have healed
- You may resume wearing contact lenses 1-2 weeks after surgery
- Bruising after most eyelid and orbital surgeries lasts for 2-3 weeks after surgery, but if you have a tendency to bruise easily, it may last longer. It is normal for the bruise to 'travel' from the upper lids to the lower lids and even down to the sides of the face. This is a normal process of the clotted blood being removed by the body.
- Avoid vigorous exercise for 3- 4 weeks after surgery.

#### **Scar management**

- Any incision in the skin will create a scar; however, with proper care at home and proper treatment under a physician's direction, the visibility of the scar can be minimized. All scars go through a contraction phase where they can worsen over the first 3 months. The full scar maturation process can take up to a year. The 'rule' is that the vast majority of scars lighten and soften over time.
- Continue to apply ointment over the incision line with gentle massage to soften the scar as directed by Dr. Reddy after the surgery
- Once the incision is healed (usually around 2 weeks), apply sunblock over the incision line and wear sunglasses while outside to decrease scar darkening.
- There are a number of treatments to lighten, soften, and thin scars, and Dr.Reddy will be carefully monitoring your scar in the post-operative period to see if any of these are appropriate for you.

#### **For all post-operative questions or concerns:**

- Call our office at Tribeca: 212.966.3901, Columbus Circle: 212.957.6933
- When the office is closed (nights or weekends), the answering service will always be able to contact Dr. Reddy, 24 hours a day/7 days a week, who will then call you.
- Dr. Reddy will also give you his cell phone # on the day of surgery as an alternate means of reaching him.