

# **\*\*\*\*LEYNGOLD INSTITUTE FOR PLASTIC SURGERY\*\*\*\***

## **PRE-OPERATIVE EYELID SURGERY INSTRUCTIONS**

### **Contact information**

The phone number to reach surgeons at the Leyngold Institute for Plastic Surgery is (208)900-4673. This phone number is answered 24 hours a day, 7 days a week.

### **Blood thinners**

It is important for you to discontinue medications that might thin your blood prior to surgery. Failure to discontinue blood thinning medications at the very least will increase your bruising and delay recovery and at the very worst could cause you to lose vision.

Some prescription medications like Coumadin, Plavix, and Ecotrin thin your blood. Prior to discontinuing these medications, you should discuss it with the physician who is prescribing the medication. If okay'd by prescribing doctor, Coumadin is typically discontinued 5 days prior to surgery and restarted the day after surgery. Plavix is discontinued 5 days prior to surgery and started 3 days after surgery. Ecotrin and other aspirin containing medications are discontinued 2 weeks prior to surgery and restarted 3 days after surgery. Medication for high blood pressure and cholesterol do not thin your blood and can be taken with a sip of water on the day of your surgery.

Products which contain aspirin-like Baby Aspirin, Excedrin, and Ecotrin should be discontinued for 2 weeks prior to surgery and restarted 3 days after surgery. If you are taking these for a medical condition such as coronary artery bypass surgery, atrial fibrillation, or heart valve abnormalities then you should discuss stopping the medication with the doctor who recommended you use the medication. Over the counter, non steroidal, anti-inflammatory drugs [NSAIDs] like Ibuprofen, Motrin, Aleve, and Naprosyn all thin the blood and should be stopped at least 10 days prior to surgery and 3 days after surgery. If you need an over-the-counter pain reliever in the 2 weeks prior to surgery it is OK to take Tylenol, as Tylenol does not thin your blood. All other over the counter pain and fever pills do thin your blood.

Many over the counter food supplements and herbal preparations thin your blood and can be dangerous to take prior to surgery. Examples include Vitamin E, Fish Oil, Flaxseed Oil, Garlic, Gingko Biloba, Ginseng, Energy Drinks, and Glucosamine and many many more. The safest thing to do is to avoid all aspirin containing medications, herbal medications, food supplements, vitamins, and over the counter pain medications other than Tylenol for two weeks prior to surgery.

## **Insurance Authorization (ONLY APPLIES IF YOUR PROCEDURE IS COVERED BY YOUR INSURANCE)**

Once you and the doctor have decided on a surgical procedure, your insurance company (or companies) will be contacted to verify your benefits and determine if a prior authorization is required. If an authorization is required, this process can take anywhere from one week to six weeks. We will schedule a date for surgery with the understanding that if your insurance authorization takes longer than anticipated, the surgery may need to be rescheduled to a later date.

As soon as the authorization is obtained from your insurance company, someone from our office will contact you to reconfirm the date and any additional cosmetic procedures planned.

### **Day of Surgery**

If you normally take medications for your heart in the morning [**other than** Aspirin, Coumadin, or Plavix] you should take it with a small sip of water at the time you normally take it. Please bring a list of all medications that you are currently taking.

Do not put on make-up, lotions, creams etc. the day of surgery and do not wear jewelry or take valuables to the hospital with you. Wear loose and comfortable clothing.

If you have had a history and physical within the last 30 days, an EKG within six (6) months, or blood work done within the last two (2) months of your surgery, please bring copies of these with you. It will expedite the process and may save you from repeating these tests.

You will be unable to drive after surgery. Please make arrangements to have someone drive you home from the hospital and assist you the first 24 hours after your surgery.

### **General**

Wash your face as normal on the day of surgery but do not put on any make-up. Wear comfortable clothing to the office on the day of surgery.

### **Eating and drinking**

Do not drink or eat anything the night before your surgery. However, you do not need to be without food and water prior to office surgery. It is OK to eat a light breakfast or lunch prior to office surgery only.

### **Medications**

If you normally take medications, you should take it with a small sip water at the time you normally take it. Please bring a list of all medications that you are currently taking. The surgeon

may give you a prescription for a pain pill and anti-anxiety medication like Valium. Please get the prescriptions filled and bring the filled medication(s) with you on the day of the procedure.

### **Transportation**

Unless told otherwise, you will be unable to drive after surgery. Please make arrangements for someone to drive you home from the office as well as assist you the first 24 hours after surgery.

**If you have any questions, please contact us at (208)900-4673 to answer your questions.**