

Pre-operative Instructions for Office Procedure:

Location: Charleston Oculofacial Plastic Surgery. 302 Wingo Way, Suite 202 Mount Pleasant, SC

- Wash your face fully with an antibacterial soap on the day of procedure. Avoid any make-up, earrings, and jewelry.
- Please have a driver with you or have one available to pick you up after your procedure.

PLEASE EAT AND DRINK AS NORMAL ON THE DAY OF YOUR PROCEDURE! NO RESTRICTIONS.

Helpful tips to minimize bruising:

- Avoid wine & alcohol the night before procedure
- Take anti-bruising tablets starting 3 days prior to procedure such as Arnica Montana and Bromelain
- Bromelain is also found in pineapple and can help promote healing
- Eat vegetables rich in Vitamin K such as leafy greens and members of cabbage family – broccoli, cabbage, or spinach

Medications to discontinue (Please clear with your prescribing physician before stopping)

Aspirin – Stop 7 days before	Plavix (Clopidogrel) - Stop 7 days before
Effient (Prasugrel) - Stop 7 days before	Coumadin (Warfarin) - Stop 5 days before
Pletal (Cilostazol) - Stop 3 days before	Xarelto (Rivaroxaban) -Stop 48-72 hours before
Eliquis (Apixaban) – Stop 48-72 hours before	Brilinta (Ticagrelor) - Stop 7 days before
Pradaxa (Dabigatran) - Stop 48-72 hours before	

Over the counter meds & supplements to discontinue**:

Aspirin – Stop 7 days before	Ginseng	Ginkgo Balboa
Kava Kava	Garlic	Alka Seltzer
Advil	St. Johns Wart	Vitamin E
Naproxen- Stop 3 days before	Valerian	Ephedra
NSAID's	Grapefruit Juice	Fish Oil
Goody's Powder	Ginger	Feverfew
BC Powder	Echinacea	

Patients with heart or other vascular stents, atrial fibrillation, or stroke less than 1 year since occurrence should consult their treating physician before discontinuing their blood thinner

Dr. Patel or his staff is available for questions at 843-790-7582