



302 Wingo Way, Ste. 202 • Mt. Pleasant, SC 29464 • Phone: (843) 790-7582  
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**Your surgery care coordinators are Marisa Thomas and Kaely Banks. They may be reached at 843-790-7582. Please call with any questions.**

**ARRIVAL TIME:** will be provided 2-3 days prior to surgery by the surgery center or the practice

### **PRIOR TO SURGERY**

- Surgical Clearance and Diagnostic Testing
  - If you are under the care of a cardiologist or pulmonologist:
    - Forward a medical clearance letter for surgery from your cardiologist and/or pulmonologist
    - Forward EKG (within 6 months of your surgery date) to our office soon as possible
  - If you have LVAD, pacemaker, or defibrillator – inform our office soon as possible
- Blood thinners
  - Stop 7 days prior to surgery
    - Aspirin, NSAIDs, multivitamins, and supplements
      - This includes fish oil, ginger, ginkgo biloba, ginseng, and Vitamin E as these may cause more bleeding and longer recovery
    - Plavix – ONLY with approval of your prescriber
  - Stop 5 days prior to surgery
    - Coumadin – ONLY with approval of your prescriber
  - Stop 48-72 hours prior to surgery
    - Xarelto, Eliquis, Pradaxa– ONLY with approval of your prescriber
- If you are having a **lower blepharoplasty**, 1 week prior to your surgery, please begin using **hypochlorous acid spray** to clean the lid margin at least once a day.
- If you are on a weight-loss drug in the class of tirzepatides (Zepbound and Mounjaro) or semaglutides (Ozempic, Wegovy, Rybelsus) - please stop 1 week prior to your surgery and inform the office.
  - **If on weight-loss drugs, limit intake to clear liquids the day prior.** This precaution helps reduce anesthesia risks by minimizing delayed gastric emptying and ensuring the stomach is empty.
- No alcohol for 48 hours prior to surgery – this will help minimize bruising

### **NIGHT BEFORE SURGERY**

- Nothing to eat or drink after midnight

### **DAY OF SURGERY**

- A gentle reminder: nothing to eat or drink
- Take medications as previously instructed by the pre-operative nurse with a small sip of water
- Someone needs to accompany you to surgery. This person should be able to drive you home. Given lingering effects of anesthesia, someone needs to be with you until the following morning after surgery

- Please wash your face with anti-bacterial soap. Do not wear any make-up, contact lenses, or jewelry. Do not apply perfume, colognes, or scented products the morning of surgery. Please wear loose comfortable clothing
- Please limit the number of people accompanying you to the hospital/surgery center. Do not bring small children

### **AFTER YOUR SURGERY**

- If prescribed an oral antibiotic, start it the day after your surgery
- Your post-anesthesia care unit (PACU) nurse will instruct when to start your prescribed ointment
- Your PACU nurse will review when to resume your home medications. Please resume all eye drops you were on prior to surgery
- Avoid lifting anything over 10 pounds or strenuous exercise. You may go on walks, and this is encouraged.
- No swimming or hot tubs until 3 weeks after surgery
- No make-up or strenuous exercise until 2 weeks after surgery
- You may drive soon as you feel comfortable, typically 3-4 days after surgery. Ensure ointment is not blurring your vision and you have not taken narcotic pain medications prior to driving
- Do not rub your eyes. Be careful and cautious around your incisions. **Avoid the temptation to pull on the wound to look at the incision as this can lead to wound separation**
- Further post-operative care instructions will be provided by your PACU nurse catered to the specific type of surgery you had.
- If you are a smoker, DO NOT SMOKE as this will negatively affect the surgical outcome.
- For questions after surgery, please call our office: 843-790-7582
- If you experience severe eye pain, sudden decrease in vision, or any other emergency concern, notify Dr. Patel's care team and call 911.

### **RESCHEDULING / CANCELLATIONS**

- Please notify our office immediately if you must cancel surgery. We understand circumstances may require you to cancel your surgery – we kindly request to cancel/reschedule with as much notice as possible so another patient waiting for surgery can be taken care of

### *PATIENT'S SURGERY CHECK OFF LIST (for patient use)*

- Stopped all blood-thinners as instructed, with approval from your prescribing doctor.
- Medical clearance obtained and sent to our office if under care of cardiologist or pulmonologist
- Ensure someone drives you to surgery and to stay with you the night of surgery
- Nothing to eat or drink by mouth after midnight the night before surgery