

INSTRUCTIONS FOR BEFORE SURGERY | JOSEPH Advanced Oculofacial Plastic Surgery

Instructions for Before Surgery:

- Please try to quit **smoking** or avoid smoking for 4 weeks before and after surgery
- Please stop all **over the counter supplements** for 10 days before surgery, especially fish oil, vitamin E, multivitamins, garlic, ginseng, ginkgo)
- Please stop **over the counter medications** that are non-steroidal anti-inflammatory drugs for 10 days before surgery, these include ibuprofen (Motrin and Advil), aspirin, naproxen (Aleve)
- If you are on other **blood thinners** such as warfarin (Coumadin), apixaban (Eliquis), clopidogrel (Plavix), rivaroxaban (Xarelto), among others, please follow instructions from your doctor regarding how to take these medications before and after surgery.
- No **alcohol** for 24 hours before surgery
- If your surgery is being done at an operating room, **do not eat or drink anything** after midnight the night before surgery and do not eat or drink anything the morning of your surgery.
- On the **day of surgery**:
 - o Someone needs to **accompany** you and **drive** you home even if you hire a driver/uber/taxi.
 - o Wear loose-fitting, comfortable **clothing** (e.g. shirt with front buttons). Avoid wearing any clothing or undergarments with metal in it (e.g. underwire bra)
 - o Please do not wear contact lenses, make-up, perfume, lotion, hairspray, jewelry