

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 (all forms including cigarettes, cigars, pipes, hookahs, vapes, e-cigarettes, marijuana, THC, etc).
- Please stop all **non-essential over-the-counter supplements** including vitamins, herbal supplements, and dietary supplements 14 days before surgery unless otherwise directed by your surgeon or prescribing provider. Do not restart these supplements until at least 10 days after surgery.” Examples include, but are not limited to, multivitamins, vitamin E, fish oil, omega-3 oil, seed oils, garlic, ginseng, ginkgo, and turmeric.
- 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.
- If you are on a **GLP1**, **please stop GLP1** injection at least 7 days prior to surgery or stop GLP1 pill at least 1 day prior to surgery. **Follow a clear liquid diet the day before your surgery.** Do not eat any solid foods. A clear liquid diet includes only liquids you can see through: clear broth without any pieces of food or seasoning, jello, flavored ice, clear fruit juices without pulp, soda, sports drink (Gatorade, powerade), black coffee or tea without cream or milk, water including carbonated and flavored, clear nutritional drinks (boost breeze, ensure clear).
- **No alcohol** for 24 hours before surgery
- If your surgery is being done at an **operating room with anesthesia**
 - o do not eat any food after midnight or at least 8 hours before your scheduled surgery time. You may drink clear liquids up to 2 hours before your arrival time. After that, do not eat or drink anything except approved medications with a small sip of water.
 - o someone needs to **accompany** you and **drive** you home even if you hire a driver/uber/taxi.
 - o the exact arrival time for your procedure will be firmly set about 2–3 days before surgery, so you will receive a call then with the exact arrival time.
- **Showering and skin-cleansing** instructions
 1. The evening before the procedure, take a shower and wash hair and body thoroughly with regular shampoo and soap, paying special attention to the face, eyelids, eyebrows, forehead, neck, and surrounding skin. Rinse well to remove all soap residue.
 2. Remove all makeup, sunscreen, lotions, creams, and oils from the face.
 3. Gently cleanse the entire face and neck with a gentle, non-exfoliating facial cleanser such as Cetaphil.
 4. Do not apply facial creams, moisturizer, serums, oils, ointment, or makeup after cleansing.
 5. Do not use false eyelashes, extensions, or eyelash adhesives.
 - o Morning of surgery: repeat steps 3 and 4. Dress in loose, comfortable, clean clothing, preferably button-front clothing that does not need to be pulled over the head.
- On the **day of surgery**:
 - o Please do not wear contact lenses, make-up, perfume, lotion, hairspray, jewelry (there should be no metal anywhere on the body including earrings, necklace, rings, bracelets, etc)