

Preparing for Your Decompression Surgery

Your surgery is schedule for _____ at _____.

**** Our office will call you with the arrival time 2 days prior to surgery****

If you are unable to keep your surgery, please inform the office **3 weeks** in advance to avoid a \$200 cancellation fee.

Before your surgery:

- Please arrange for an adult to accompany you home and be with you for 24 hours after your surgery.
- Tell your doctor if you have any cold sores or infection.
- Do not take any blood thinners for 2 weeks prior to surgery, including aspirin, ibuprofen (Advil), naproxen, fish oil and vitamin E (see complete list attached), OR as instructed by your doctor
- If you live more than 30min away, please have small ice packs with you to start cold compress right away.
- Majority of people have 2 weeks of swelling and bruising, however, some people may require longer for the swelling and bruising to subside.
- No exercise, swimming or hot tub for 1 week after surgery. It is ok to use your eyes immediately for reading, television, computer work.
- Take your regular medication (except blood thinners) the day of surgery with sips of water.

On the day of surgery:

- Remove all make-up, false eye lashes, and jewelry
- Do not wear contact lenses. Bring glasses with you.
- Please bring someone to help you translate if you don't speak English.
- You **MUST** have someone accompany you home after surgery
- DO NOT eat food or drink anything after midnight the evening before surgery.** You may drink clear fluids (water, apple juice, cranberry juice) until 1 hour before your arrival at the hospital.
- DO NOT** smoke, chew gum or suck lozenges (cough drops) after midnight the night before surgery
- Check-in to the **Admitting Office** at (VGH or UBC) at the arrival time you were told
 - Bring your B.C. Care Card and Driver's License

Care After Your Decompression Surgery

Follow-up with Dr. Yin on _____.

Restart blood thinners (plavix, coumadin, aspirin) on _____.

Do NOT blow your nose or rub your eyes for 2 weeks after surgery.

Please call the office immediately or go to the emergency room if you have:

- Temp of 38°C or greater
- Any unusually painful swelling
- Any bleeding soaking more than a 4x4 gauze
- Any pus draining from incision site
- Pain that is not relieve by medication
- Any bulging of your eyeball
- Any sudden drop in vision

Apply cold compress (4x4 gauze in bowl of ice and water and wring out) to both eyes for 20min every hour for the first 2 days when awake.

Sleep on your back with 2-3 pillows or in recliner for the first 2 days.

You can wash your face lightly with gentle cleanser and water, avoiding the area of the sutures. Pat dry.

Do not wear contact lens or eye makeup for 1 week after surgery.

No bending below the waist or lifting anything >10lbs for first week.

If you have steri-strips on your incision, do not try to peel it off. It is ok to get it wet but allow it to fall off on its own.

Take extra strength Tylenol for pain. Do NOT take aspirin, ibuprofen or vitamin E products for 5 days after surgery.

Use over-the-counter artificial tears (Refresh or Systane) in the operative eye up to 6 times a day for irritation

Medication AFTER the surgery:

- Tobradex ointment to the stitches and operative eye 2x a day for 2 weeks
- Augmentin 500mg by mouth 2x a day for 7 days
- Prednisone _____mg by mouth daily for 3 days
- Tylenol #3 1-2 tabs by mouth every 6 hours as needed for severe pain