

Preparing for Your Reconstruction 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
- 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.
- Pick up your medication from your local pharmacy and bring them with you on the day of surgery.

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.

Care After Your Reconstruction Surgery

Follow-up with Dr. Yin on _____.

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

- Please call the office immediately 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 water compress (**NOT ICE**) for 20min every hour for 2 days when awake, start 24 hours AFTER surgery.

- Gently wash off any crusting with warm water each morning

- 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.

- Use artificial tears up to 6 times a day for symptoms of dry eye 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.

- Avoid sunlight to your incision. Wear sunglasses and sunscreen with at least 30 SPF protection.

Medications AFTER the surgery:

- Apply Tobradex eye ointment to stitches around the operative eye 2x a day for 2 weeks
- Apply regular polysporin ointment to stitches on the face 2x a day for 2 weeks
- Keflex 500mg by mouth 4x a day for 7 days
- Tylenol #3 1-2 tabs by mouth every 6 hours as needed for extreme pain