

BLEPHAROPLASTY PREOPERATIVE INSTRUCTIONS

- 1-2 WEEKS PRIOR TO SURGERY AVOID BLOOD THINNERS OR OTHER ITEMS THAT MAY INCREASE BLEEDING, SUCH AS: ASPIRIN, IBUPROFEN, VITAMIN E, OMEGA-3 OR FISH OIL.
- MAKE SURE TO FILL ANY PRESCRIPTIONS GIVEN TO YOU AT YOUR CONSULTATION PRIOR TO SURGERY
- IT IS SOMETIMES RECOMMENDED TO TAKE ARNICA 1-2 DAYS PRIOR TO YOUR SURGERY TO HELP IN PREVENTING BRUISING
- IF YOU TAKE A ROUTINE PRESCRIBED MEDICATION, PLEASE BE SURE TO CONFIRM TAKING THEM PRIOR TO YOUR SURGERY OR DISCONTINUE USE
- **DO NOT** EAT OR DRINK **8** HOURS PRIOR TO YOUR SURGERY IF YOU ARE UNDERGOING IV SEDATION, UNLESS OTHERWISE ADVISED
- **DO NOT** WEAR CONTACT LENSES
- REFRAIN FROM WEARING MAKEUP, JEWELRY OR ANY FACIAL PIERCINGS
- WEAR COMFORTABLE CLOTHING AND FLAT SHOES
- IF YOU ARE EXPERIENCING COLD SYMPTOMS, FEVER, SORE THROAT OR STOMACH UPSET PLEASE NOTIFY OUR OFFICE IMMEDIATELY
- PLEASE MAKE SURE TO BRING A RESPONSIBLE DRIVER WITH YOU TO YOUR APPOINTMENT ABLE TO DRIVE YOU HOME

IF YOU HAVE OTHER QUESTIONS OR CONCERNS PLEASE REACH OUT TO OUR TEAM. IF OVER THE WEEKEND PLEASE CALL 206-641-7212 AND FOLLOW THE PROMPTS.