

EDMONTON EYELIDS

— Ophthalmology & Oculoplastic Surgery —

Audrey A. Chan, MD, FRCSC
Andrew Y.C. Ting, MD, FRCSC
Imran Jivraj, MD, FRCSC
Kelsey Roelofs, MD, FRCSC

PRE-OP INSTRUCTIONS: ORBIT SURGERY

PLANNING FOR SURGERY

- 1. Timing:** If possible, you should select a surgery date that will allow you ample time to recover. In general, you will need to take it easy for the first week after surgery. In many cases, bruising and even some double vision can linger, so we recommend against having any important social events for at least 2 weeks after surgery.
- 2. Regular medications:** If you take blood thinners, it is important to stop these prior to surgery (see list below). If your blood thinner was recommended or prescribed by a physician, you MUST check with the prescribing doctor to make sure it is SAFE to stop taking the medication before surgery.
 - **Aspirin** should be stopped for **7 DAYS** prior to surgery
 - **Clopidogrel (Plavix)** is usually stopped **5 to 7 DAYS** prior to surgery
 - **Warfarin (Coumadin)** is usually stopped **5 DAYS** before surgery
 - **Apixaban (Eliquis), dabigatran (Pradaxa), edoxaban (Savaysa) and rivaroxaban (Xarelto):** are usually stopped **2 DAYS** before surgery

3. Other medications/herbal supplements to avoid: In order to minimise post operative bruising, discontinuation of herbal supplements and vitamins that can thin the blood is helpful (see attached list).

4. Companion: You **MUST** have a friend or family member available to transport you to and from your surgery. It is strongly advised that someone stay with you for the first 24 hours after your surgery in case of any post op complications.

PRE-OP PHYSICAL

You must see your primary care physician for a pre-op physical within 30 days of surgery. This is important in order to make sure that it is safe to proceed with surgery.

THE NIGHT BEFORE SURGERY

You **MUST NOT eat anything after midnight.** You may have clear liquids up until 2 hours prior to the time you are instructed to arrive for surgery.

MEDICATIONS, SUPPLEMENTS AND VITAMINS TO AVOID FOR 2 WEEKS PRIOR TO SURGERY

Advil / Ibuprofen

Celecoxib

Diclofenac sodium (Voltaren)

Diflunisal

Echinacea

Ephedra

Etodolac (Lodine, Lodine XL)

Feverfew

Fish Oil

Flurbiprofen (Ansaid)

Garlic

Ginger

Ginko Bilboa

Indomethacin (Indocin)

Ketoprofen

Magnesium salicylate

(Arthritab, Bayer Select,
Doans Pills, Magan, Mobidin,
Mobogestic)

Meclofenamate sodium
(Meclomen)

Mefenamic acid

Meloxicam (Mobic)

Naproxen (Naprosyn,
Naprelan)

Oxaprozin (Daypro)

Rofecoxib (Vioss)

Sodium Salicylate

St. Johns Wort

Sulindac (Clinoril)

Valdecoxib (Extra)

Valerian

Vitamin C and E