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Oculoplastic Surgery ~ PREoperative Instructions

HEALING; One of the keys to a successful surgical outcome is healing. You can do several things to enhance healing prior to surgery.

- ✓ Eat right. Good nutrition is essential for healing.
- ✓ Do not smoke for 1 week prior to and 2 weeks after surgery. Smoking decreases your circulation and is one of the biggest inhibitors of healing.

BLEEDING; Bleeding can cause significant problems at surgery. Certain drugs may increase your tendency to bleed and it is important not to use these drugs before surgery.

- ✓ Do not take aspirin or aspirin-containing products such as Alka-Seltzer for 2 weeks prior to surgery.
- ✓ Do not take non-steroidal anti-inflammatory medication (i.e., Advil, Motrin, or Ibuprofen) for 2 weeks prior to surgery
- ✓ You may take Tylenol as needed.
- ✓ If you take Coumadin or Plavix, talk to Dr. Polonski about discontinuing this medication prior to surgery.

EATING;

- ✓ Do not eat or drink anything after midnight the night before surgery.
- ✓ You may take your medications with a sip of water on the morning of surgery. If you take medications for high blood pressure, please take those pills on the morning of surgery.
- ✓ Do not take your medications for diabetes.

CLOTHING & PREPARATION;

- ✓ Wear comfortable, loose-fitting clothes that do not need to be pulled over your head.
- ✓ Do not wear eye make-up the morning of surgery.
- ✓ Ice compresses will be used after surgery over your eyelids. Frozen peas or corn in a plastic bag are ideal.

TRANSPORTATION; Please make arrangements for a friend or family member to drive you home. You will not be able to leave unattended.

WARNING SIGNS; If you have any of the following signs or symptoms during office hours, please call us immediately at 520-576-5110.

- ✓ Increasing redness, pain or swelling.
- ✓ Prolonged bleeding from the incision or from your nose.
- ✓ Moderate to severe pain.
- ✓ Change in your vision.

For appointments or all other questions please call our front office staff at 520-576-5110