



TRIAD Ocular & Facial PLASTIC SURGERY

6318 Jessie Lane, Clemmons, NC 27012

(P) 336-448-3060 (F) 336-565-2400 contact@triadocularfacial.com

Scheduled Surgery **Date:** _____ **Time:** _____

Post-Operative Visit **Date:** _____ **Time:** _____

In-Office Pre-Operative Instructions:

1. **Blood thinners:** Stop prescription blood thinners at the appropriate time before surgery, usually anywhere between 2-10 days prior to your procedure depending on the medication. Prescription blood thinners include but are not limited to; warfarin (Coumadin), clopidogrel (Plavix), rivaroxaban (Xarelto), and dabigatran (Pradaxa). Please speak with your primary care physician or cardiologist to determine if it is safe to stop and when you can stop your blood thinner. If you are unsure if you are taking a blood thinning medication, please don't hesitate to ask.
 - a. Try to avoid medications with blood thinning properties such as NSAIDs 3-5 days before and after the procedure. Examples of NSAIDs include aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve, Naprosyn), and diclofenac. Tylenol or acetaminophen are a safe alternative.
2. **Medications:** Please take your regularly scheduled medications the day of the procedure (except any blood thinners). If you are on blood pressure medication and normally take it in the morning, please take it before you arrive.
3. **Clothing:** Wear comfortable clothing and please do not wear jewelry, metal hair clips, or other metal accessories to your procedure appointment.
4. **Eating/drinking:** Unless you are being given oral sedation (see section #6), it is **not** necessary to discontinue liquids or solids prior to your in-office surgery. You may eat and drink as you would normally.
5. **Recovery:** It is useful to prepare for your recovery by having a cold compress on hand (i.e. ice packs, frozen peas, or crushed ice) to use postoperatively. Other useful items might include cotton swabs, medical tape, and artificial tears. Dr. Fuller will provide you with specific instructions on the day of your procedure.
6. **Payment collection:** Any copays, deductibles, or money due will be collected at the time of service.



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7. **Oral sedation:** If you have been given oral sedation, you will pick up medication at your pharmacy prior to your surgical procedure.
 - a. **Bring a driver with you on the day of surgery.** A driver must remain on premises during surgery. You are not permitted to drive for 24 hours after receiving oral sedation and you should have a companion with you for 24 hours after surgery for your safety.
 - b. Bring prescribed oral sedation with you to the office on the day of scheduled surgery. **DO NOT TAKE PRESCRIBED ORAL SEDATIVE PRIOR TO YOUR ARRIVAL AT THE OFFICE.** You will be instructed by a staff member when to take your oral sedative.
 - c. Limit light meals 6 hours prior to procedure and clear liquids 2 hours prior to procedure.
8. If you have any questions or concerns regarding your procedure, please don't hesitate to contact the office.