

BEFORE YOUR SURGERY:

IMPORTANT

SOME BLOOD THINNERS NEED TO BE STOPPED A FULL WEEK BEFORE SURGERY. IF YOUR BLOOD THINNER HAS BEEN PRESCRIBED BY A MEDICAL DOCTOR, THAN YOUR MEDICAL DOCTOR **MUST** APPROVE THE DECISION TO STOP IT PRIOR TO YOUR SURGERY.

IMPORTANT

IF YOU ARE TAKING A DIET PILL, IT MUST BE STOPPED TWO WEEKS PRIOR TO SURGERY.

IMPORTANT

PLEASE STOP EATING AND DRINKING 8 HOURS PRIOR TO SURGERY, EXCEPT FOR APPROVED MEDICINES WITH SMALL SIPS OF WATER. IF YOU NORMALLY TAKE INSULIN IN THE MORNING, DO NOT TAKE IT THE MORNING OF SURGERY!

IMPORTANT

METFORMIN (GLUCOPHAGE) MUST BE STOPPED 2 DAYS PRIOR TO SURGERY, ONLY IF YOU ARE HAVING GENERAL ANESTHESIA.

IMPORTANT

IF YOU TAKE BLOOD PRESSURE MEDICATIONS THAT REQUIRE DOSING IN THE AFTERNOON, AND YOU SURGERY IS SCHEDULED FOR LATER IN THE DAY, PLEASE BRING THOSE MEDICATIONS ON THE DAY OF YOUR SURGERY.

OTHER CONSIDERATIONS:

PLEASE NOTIFY DR. WALRATH IF YOU HAVE HAD ANY SIGNIFICANT CHANGES IN YOUR HEALTH SINCE THE LAST OFFICE VISIT.

SCAR TREATMENT: SURGICAL INCISIONS FADE FASTER AND MORE COMPLETELY WHEN THEY ARE MANAGED PROPERLY. ***BIOCORNEUM***, A MEDICAL-GRADE COMBINED SUNSCREEN / SILICONE SCAR CREAM, CAN BE PURCHASED DURING THE ONE WEEK POSTOPERATIVE VISIT IF RECOMMENDED BY DR. WALRATH. IT IS TYPICALLY RECOMMENDED FOR UPPER AND LOWER BLEPHAROPLASTY SURGERY ONLY. IT IS NOT NECESSARY BEFORE SURGERY AND WILL BE DISCUSSED AT THE ONE WEEK POSTOPERATIVE VISIT.

BRUISING / SWELLING: THIS MAY BE REDUCED BY PREOPERATIVE USE OF AN ***ARNICA MONTANA ROLL-ON***. IT IS APPLIED TO THE UPPER AND LOWER LIDS DAILY FOR THE WEEK PRIOR TO SURGERY. IT CAN BE APPLIED TO BRUISED AREAS AFTER SURGERY AS WELL, BUT NOT ON THE INCISIONS. THIS CAN BE PICKED UP AT THE SURGICAL CONSULTATION, OR MAILED TO YOUR HOME AFTERWARDS.