



You will typically need to ARRIVE 1-1 ½ HOURS BEFORE SURGERY (depending on the facility requirements).

To ensure that all goes well with the surgery and that you achieve the best possible surgical result, several guidelines should be followed.

PLEASE CAREFULLY READ ALL OF THESE INSTRUCTIONS.

1. **DISCONTINUE ALL ASPIRIN CONTAINING MEDICATIONS**, aspirin-type products, ibuprofen, Advil, Motrin, herbal medicines (Feverfew, Garlic, Ginger, Ginkgo, Goldenseal, among others are associated with increased bleeding), vitamin E (multi-vitamin) at least two (2) weeks prior to surgery. If you have any questions as to whether the medicine you take contains aspirin or causes excessive bruising or bleeding, please call our office. If a physician prescribes or recommends that you take aspirin regularly or daily (including a baby aspirin), then you need to contact your family physician or internist for their approval before stopping your aspirin or other medications.
2. **COUMADIN USERS:** You must notify the prescribing physician to ask if the Coumadin may be stopped for three (3) days prior to surgery.
3. **Anti-Coagulants**
Stop Plavix 7 days prior to surgery.
Stop Lovenox 1 day prior to surgery.

Note: You should confirm with the prescribing physician prior to discontinuing any of your medications. If you have any concerns regarding your Coumadin or other anti-coagulants (blood thinners), please do not hesitate to ask Dr. Klapper's office staff to assist you in contacting your primary care physician. You will be able to resume your Coumadin on the day following your surgery.

4. **PREOP TESTING:** We may request that you contact your family physician or internist to ensure that he/she feels you are in good health before your surgery date. Adjustments in medication/therapy may be needed to better prepare for a good surgical outcome. If you are more than 65 years young, have a heart condition, high blood pressure, diabetes, kidney disease, or have a significant medical history, then an examination (possibly including an EKG) before your surgery should be arranged with your primary care physician and/or cardiologist.

Dr. Klapper's staff will provide you with a form to give your doctor(s) regarding the minimum work-up necessary prior to your surgery. In addition to visiting your primary care physician and/or cardiologist, the hospital and/or surgery center may also require an evaluation in their preoperative screening clinic during the week prior to your surgery. An EKG may be required 1 week prior to surgery and is frequently performed during the hospital and/or surgery center evaluation. These preoperative visits are for your benefit.
5. You may be given a request slip for any laboratory work that needs to be done prior to surgery. If you do not receive a slip, no laboratory work is anticipated. Patients on potassium supplementation or taking a potassium-depleting diuretic ("water pill") will need to have their potassium checked the day prior to or the morning of surgery.
6. If your surgery is scheduled in the morning, you will not be permitted to eat or drink anything (including water) after midnight. Do not chew gum or suck candy as this produces stomach acidity. If your surgery is not until the afternoon, please ask whether a very light, early (8 hours before surgery, prior to 6:00AM) breakfast is permitted.
7. If you take medication regularly, please ask whether it should be taken on the morning of

surgery. Medications for controlling HIGH BLOOD PRESSURE OR ANY KIND OF HEART MEDICATION SHOULD BE TAKEN WITH A SIP OF WATER (or with your light breakfast if you are scheduled in the afternoon). Most other medications can wait until after surgery.

Avoid appetite suppressants and MAO inhibitors (anti-depressants such as Parnate and Nardil).

8. Generally, if you are diabetic and are skipping breakfast completely, then DO NOT TAKE YOUR INSULIN OR BLOOD SUGAR PILL. If you are permitted to eat a light early breakfast (before 6:00AM), then you may want to take your insulin or pill(s) in a reduced dose. Diabetic patients should discuss with their family physician or internist any questions or concerns regarding the timing and dose of your diabetic medications. If you typically check your blood sugar at home, please do so on the morning of surgery and tell the results to the pre-op nurse.
9. To minimize the risk of infection, we ask that all of our patients bathe and shampoo the night before or on the morning of surgery.
10. Please dress comfortably on the day of surgery. We suggest that you wear a short-sleeved shirt or blouse that buttons down the front. You should also wear low-heeled, comfortable shoes. We encourage women to wear slacks.
11. Do not wear eye make-up on the day of surgery.
12. BRING ALL MEDICATIONS THAT YOU ARE CURRENTLY TAKING WITH YOU ON THE DAY OF SURGERY.
13. Please allow yourself ample time for travel so that you will arrive at the scheduled time. You will not be permitted to drive yourself home. Please make arrangements with a friend or family member to escort you home on the day of your surgery. A capable adult will need to stay with you during the first 24-48 hours after surgery.
14. If you experience a fever or infection in any part of your body within three (3) weeks of your scheduled date of surgery, please call our office as soon as possible. We may need to consult your family physician or internist about postponing your surgery. If for any reason you need to reschedule or cancel surgery, please call 317-818-1000.
15. Someone from our office should call you within one to two days prior to your surgery to confirm the time and location of your surgery. If you have not been contacted about the time of your surgery, please call 317-818-1000.

*****If you have any questions regarding your surgery, please feel free to call Klapper Eyelid & Facial Plastic Surgery (317-818-1000). We are happy to answer your questions and alleviate any concerns that you may have. No question is too simple or trivial.*****