

Alessandro Surgery Center
73-710 Alessandro Drive, Suite A1
Palm Desert, CA 92260
Phone Number: 760-837-0364
Fax Number: 760-837-3843
www.csipd.com



EYELID SURGERY PRE-OPERATIVE INSTRUCTIONS

You are scheduled for surgery on <TF.ProcAppt.Date> at <TF.ProcAppt.Time> Alessandro Surgery Center, 73-719 Alessandro Drive, Palm Desert, California.

1. All financial obligations must be fulfilled before surgery.
2. Make sure your blood work is done and the Institute has a copy of the test results.
3. Please check that you have received a copy of your prescriptions.
4. Do not take aspirin or aspirin containing products (see separate sheet for what to avoid) for two weeks prior to surgery.
5. Do not drink any alcohol 48 hours before surgery and then wait post-operatively until antibiotics are finished.
6. If you smoke, please try to cut down or stop at least two week before surgery. This will help your body to heal better.
7. If you take any medications on a routine basis, please continue to do so, but advise the doctor and his nurse so they can tell you what to take the day of surgery.
8. You cannot drive yourself home. Please have a responsible adult pick you up and stay with you for the first 24 hours. You will need to leave the name and telephone number of the person picking you up at the front desk.
9. Do not take pain medication until after surgery.
10. Do not wear any jewelry or bring any valuable. Please leave these items home.
11. Do not wear contact lenses.
12. Wash face with antibacterial soap the night before and morning of surgery. Please remove all eye makeup, mascara, eye shadow, etc. The day of surgery, come in with a clean dry face.
13. Wear comfortable loose clothing that buttons in the front. Do not wear clothing you pull over your head.
14. **Please do not eat or drink after midnight the night before surgery.**

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**EYELID SURGERY
POST-OPERATIVE INSTRUCTIONS**

1. After surgery, you will have a slight haze over your eyes. This is from ointment we have applied. It will melt by the next day. We will let you know about the use of eye drops
2. Apply cold packs to eyes for 10-15 minutes every hour while awake. Gel packs are most convenient. Ice -packs or frozen peas may be use.
3. We strongly recommend that you keep your head elevated using 2 or 3 pillows in bed: or, sleep in a recliner chair. Keeping your head elevated and ice packs on your eyes are the most important post-operative instruction.
4. If you must go out in the sunshine, wear dark glasses to protect your eyes. You may be photosensitive for a few weeks.
5. Cleanse sutures line twice daily with Q-tips and peroxide.
6. Do not self-medicate with your own painkillers, sleeping pills, muscle relaxants or narcotics. Only take those medications prescribed by your treating physician after surgery. Self-medicating could lead to drug toxicity or death. Take your prescription pain reliever as directed. You may substitute, or alternate, plain or extra-strength Tylenol as needed.
7. Do not lift, push, or pull anything weighing more than 10 pounds for 2 weeks.
8. Please make sure to keep your post-operative appointment with the doctor.
9. If you have any questions or concerns, please call the office (760) 837-0364.

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