OCULOFACIAL PLASTIC & RECONSTRUCTIVE SURGERY
PREPARING FOR SURGERY

Successful cosmetic or reconstructive surgery depends on several factors, some of which can be controlled and others that cannot. These variables include the type of surgery, age, race, other medical conditions, heredity and individual tissue reaction. Dr. Kossler is committed to providing outstanding care. To achieve optimal safe and effective results please follow these instructions.

YOUR CONSENT

Dr. Kossler can proceed with surgery only with your full cooperation. If you want to proceed with surgery, you will be asked to sign a statement authorizing the discussed treatment. Please read the consent form carefully and understand risks, benefits and alternatives to surgery. Ask any questions prior to signing. Your signed consent is our agreement to proceed.

MEDICAL CLEARANCE:

You will meet with the anesthesia team to determine if you are healthy for surgery.

- Surgery scheduled at the Stanford Ambulatory Surgery Center (ASC):
  - You will need medical clearance (history & physical) within 30 days before surgery. The clearance exam is in addition to the anesthesia team evaluation. If the clearance exam was done > than 30 days prior to surgery, please schedule another one.
  - Please obtain medical clearance from your primary care physician (PCP) at least 2 weeks prior to surgery.
    - If your PCP is at Stanford their clearance note will be scanned into your chart
    - If your PCP is outside of Stanford, please fax the Outside History & Physical form (the surgery scheduler will give you) to the Oculoplastic Surgery Coordinator at 650-723-8555 at least one week prior to surgery

- Surgery scheduled at the Byers Outpatient Eye Surgery Center (OES): A clearance exam (history and physical) is not necessary unless the pre-anesthesia nurse determines you need one.

SURGERY DATE AND LOCATION:

The surgery center will contact you the afternoon prior to surgery to let you know what time to arrive. Please contact the surgery center (not the eye clinic) if you have not heard from them by 4:00pm.

Byers Outpatient Surgery Center (OES):       Stanford Ambulatory Surgery Center (ASC):
650-725-1651                                   650-723-7125
2452 Watson Court, Suite 1100B                 875 Blake Wilbur Drive- Cancer Center 3rd floor
Palo Alto, CA 94303                             Palo Alto, CA 94304

The Byers Eye Institute at Stanford: 2452 Watson Court, Palo Alto, CA 94303; Phone: 650-723-6995
Stanford Oculoplastics Website:                Stanford Oculoplastics Website:
http://med.stanford.edu/opthalmology/patient_care/specialty_clinics/clinics_plastic.html
PRE-OPERATIVE SURGERY TIMELINE

TWO WEEKS BEFORE SURGERY:

- If you are prescribed or advised to take blood-thinning medications, please consult your prescribing doctor PRIOR to stopping these medications. Ask your PCP when to stop blood-thinners, INCLUDING ASPIRIN, prior to surgery and when to resume after surgery.
- We recommend elective blood-thinners (not prescribed), including aspirin, NSAIDS, supplements & vitamins be held **14 days prior to surgery & 5 days after surgery**. This will reduce the rare risk of vision threatening bleeding.
- Please review the BLOOD THINNER HANDOUT*** to ensure you stop medications that increase your risk of bleeding. If you forget to stop taking these medications we will reschedule your surgery for your safety.
- You may take Tylenol- this does not increase bleeding
- Red wine should be avoided for 10 days before surgery.
- Please abstain from smoking as smoking delays healing.

ONE WEEK BEFORE SURGERY:

- If you require medical clearance (Ambulatory Surgical Center & patients similarly advised) please fax the clearance form to 650-723-8555.
- Complete any lab work 5-7 days before surgery
- Contact our office immediately if you develop any signs of illness before your surgery.
- Ensure you have a ride home after surgery. **You will not be permitted to drive yourself.**
- Buy Tylenol and other post-operative supplies: plastic bags for frozen peas or crushed ice, Q-tips, arnica montana (optional) etc. Some meds may be prescribed on the day of surgery.

THE NIGHT BEFORE SURGERY:

- Go to bed at your usual hour & sleep well.
- Do not eat or drink anything after 12 am. This includes candy, gum, alcohol & coffee with milk.

THE DAY OF SURGERY:

Get excited!!! Dr. Kossler & her team will take excellent care of you!

- You may drink clear fluids up to 4 hours prior to surgery. **Clear fluids include:** water, sports drinks, juice without pulp, black coffee or clear tea (NO MILK), carbonated beverages/soda. If you eat or drink anything, other than clear fluids, too close to your surgery start time, your surgery will be rescheduled.
- You may take approved medications (heart, blood pressure, acid reflux, seizure, cholesterol) with a small sip of water in the morning. Please bring a complete list of your home medications and supplements with you to surgery.
- Ensure you have someone accompany you home after surgery. **You will not be able to take a bus or taxi home by yourself due to the anesthesia you will receive.**

We encourage you to sign up for My Health so that you can contact us and view your medical records online. Please call 866-367-0758 or go online to https://myhealth.stanfordhealthcare.org to enroll

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