

Thank you for choosing
Craig R. Vroman, MD
M. Alejandra Valenzuela-Arellano, MD
Eye Associates of New Mexico

We want you to know what to expect before, during, and after surgery. It's important to us that you are prepared, so please keep this pamphlet handy and bring it with you to your surgery.

SURGERY INFORMATION

Surgery Date: _____

Check-in Time: _____

Surgery Location (**maps on last pages**):

_____ Albuquerque Ambulatory Surgery Center
5901 Harper Drive NE, ABQ 87109
(505) 798-3550

_____ Northside Surgery Suite
5757 Harper Drive NE, ABQ 87109
(505) 888-5757

_____ Lovelace Medical Center
601 Dr. Martin Luther King, ABQ 87102
(505) 727-8000

_____ New Mexico Surgery Center Multispecialty
Presbyterian Physician Building
201 Cedar Street NE Suite 7650
(505)317-9444

One to two days before your surgery, you will receive a call to confirm your check-in time. If we are unable to reach you, your surgery may be cancelled.

Be at the surgery center at your check-in time.

PLEASE NOTE: Check-in time does NOT reflect surgery time.

Please refer to your paperwork, not Patient Portal for your check-in time.

Seating in the waiting area is limited.

Please keep this in mind when bringing family members / children.

If possible, only bring the person who will drive you home.

If your procedure is scheduled at New Mexico Surgery Center Multispecialty, you are required to contact the pre-admission clinic prior to surgery at (505) 724-6090

POST-OP INFORMATION

Post-op date: _____

Post-op time: _____

Office: _____

Provider: _____

Your post op appointment is critical to your surgical outcome and is a requirement.

TRANSPORTATION

- You need a responsible adult over the age of 18 to drive you to your surgery, stay at the surgery center, and drive you home. **YOU MAY NOT USE** public transportation (i.e., taxis, Uber/ Lyft, or buses) after surgery.
- If you live over an hour away, you may be asked to stay in town overnight. A list of local lodging can be provided for you.
- Bring your insurance cards and, if applicable, Power of Attorney documents.
- Plan on being at the Surgery Center for approximately 3-4 hours.
- Please wear a button up shirt, comfortable slacks, and shoes. No jewelry. No makeup.
- Please bathe the day before or the day of your surgery, and do not apply any cologne / perfume / essential oils the day of surgery. Many surgery centers have fragrance-free policies.

BEFORE SURGERY

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT the night before surgery**
- Except for medications, nothing by mouth including coffee, gum, candy, or chewing tobacco after this time. No alcoholic beverages 24 hours prior to surgery.

MEDICATIONS:

- You may take most prescription medications with a sip of water.
- Do not take any diuretics (water pills) the day of surgery
- If you take diabetic pills or insulin, do not take them in the morning unless otherwise directed.
- You may resume normal medication routines after surgery. Follow above instructions unless directed otherwise.
- If you use inhalers for asthma or respiratory problems, use them and take them with you to the surgery center.
- If you use oxygen, you must bring your own supply to use before and after surgery.
- If you are staying overnight in town, bring your CPAP, BIPAP, or nebulizer.
- Bring a complete and updated list of medications including dosages and frequency.
- If you are from out of town, please bring a supply of your medications to take after surgery.
- Please bring medicine prescribed for your surgery with you on the day of surgery.

**SEE NEXT PAGE FOR IMPORTANT INFORMATION
ABOUT BLOOD THINNING MEDICATIONS!**

BLOOD THINNING MEDICATION GUIDELINES:

Review the following list of blood thinning medications. We ask that you consult with your prescribing provider before discontinuing any medications as instructed below. Notify us immediately if your provider has any concerns.

You must stop taking these medications **TWO WEEKS** prior to your surgery on : _____
This will minimize the risk of bleeding during and after surgery.

Aggrenox (Aspirin)	Excedrin (Aspirin)	Nambumetone	Ticlid
Arthotec	Fiorinol (Aspirin)	(Relafen)	Garlic Pill
Ascriptin	Fragmin	Naprosyn (EC –	Ginkgo Biloba
Aspirin / Bayer	Ibuprofen (Advil)	Naprosyn)	Goody's Powders
Bextra (Vadecoxib)	Indomethacin (Indocin)	Naproxen (Aleve)	(Aspirin)
Bufferin	Innohep	Oxaprozin (Daypro)	Saw Palmetto
Diclofenac (Voltaren)	Ketoprofen (Orudis)	Pamprin (Aspirin)	Vitamin E
Dipyridamole	Ketorolac (Toradol)	Percodan (Aspirin)	Fish Oil / Flaxseed Oil
(Persantine)	Lovenox – as directed	Piroxicam (Aspirin)	Krill oil
Etodolac	Meloxicam (Mobic)	Sulindac (Clinoril)	

Additional blood thinning medication guidelines:

If you are taking Plavix, Coumadin, Warfarin, Pradaxa, Dabigatran, Eliquis, or Xarelto we ask you to discontinue them **FOUR** days prior to surgery on: _____

Failure to stop medication as instructed will result in your procedure being CANCELLED.

OPTIONAL HOMEOPATHIC REMEDIES:

Arnica Montana (oral) and Bromelain (oral) may help minimize bruising and swelling and promote healing. Start 3 days before surgery and continue for 5 to 7 days after surgery. Follow the dosage directions on the bottle.

QUESTIONS AFTER SURGERY, PLEASE CALL

Help is available by phone 24 hours a day, 7 days a week
at Eye Associates of New Mexico
(505) 888-5757
Long Distance: 1-800-273-4173

These are general guidelines and may change for individual patients. Your doctor will discuss risks, benefits, and alternatives of surgery. Above all, please follow the doctor's instructions and call if you have any questions.

AFTER SURGERY

Immediately after surgery, you may have liquids. For your first meal, eat a small portion of your usual diet to minimize any upset stomach. Expect to have a small amount of blood-tinged drainage from the wound or pink tears from your eyes. The eyelids may be swollen and bruised. Mild discharge is normal. If it is excessive or worsening instead of clearing during the first 1-2 weeks after surgery, call the clinic.

Watch for the following signs and call us IMMEDIATELY if they occur:

- **SUDDEN DECREASE IN VISION**
 - **OPENING OF THE WOUND**
 - **SEVERE EYE PAIN**
 - **FEVER OR CHILLS**
 - **REDNESS AROUND THE INCISION**
 - **BULGING OF THE EYEBALL**
 - **PAIN NOT RELIEVED BY ICE OR TYLENOL**
 - **UNUSUAL SWELLING**
 - **BLOODY / YELLOW DRAINAGE**
-

PAIN AFTER SURGERY

Most patients experience discomfort after surgery that is relieved by using a cold compress and/or Tylenol. The pain may be more intense 2-4 hours after surgery, so it is recommended that you begin the cold compresses and take medication in the first 2 hours after surgery.

DO NOT take aspirin-containing products or arthritis medications for 48 hours after surgery. Severe pain is unusual. If a stronger pain medication is needed, your surgeon may write a prescription. Please call your doctor if you are not responding to the cold compress and pain medication.

ACTIVITY

- No driving for at least 24 hours after receiving any sedation. Please have someone available to you for 24 hours after surgery.
- Rest completely for the first 2 days after surgery.
- Keep your head higher than the level of your heart, and avoid bending over at the waist for 3-5 days.
- Sleep with your head elevated on 2 or more pillows, and on your back or in a recliner for 3-5 days.
- No strenuous exercise or heavy lifting for 1 week, or until cleared by your doctor.

FOLLOW UP APPOINTMENTS:

In most cases, you will be seen 1-2 weeks after surgery. If needed, sutures will be removed at this time. The second follow up visit is usually 6-8 weeks after your first post op visit.

POST-OPERATIVE INSTRUCTIONS

The nursing staff will review your post-operative care with you and prepare you to go home.

If you have a dressing over the operated area, your depth perception may be affected, so please use caution. Remove the dressing as directed by your doctor.

COLD:

Cold compresses and elevation of the head for the first 48-72 hours after surgery can help minimize bruising and swelling.

Frozen peas in a Ziploc sandwich bag makes an excellent cold compress.

Apply cold compress for 15-20 minutes every hour while awake for the first 2-3 days to help with pain and inflammation.

WARM:

After the first 48-72 hours, stop using cold compresses and switch to warm to help with dryness of the eyes and to speed the recovery process.

Soak a washcloth in warm water, then wring it out and place it in a Ziploc bag. Place it on the surgical site for 15 minutes at a time, 4-5 times a day, for 1-2 weeks until the swelling and bruising resolves.

BATH / SHOWER:

You may shower and wash your hair after 24 hours (unless otherwise directed by your doctor). Do not submerge your head under water or spray water directly on your sutures.

If there is a dressing, DO NOT GET IT WET. Avoid pools or hot tubs for 2 weeks after surgery.

MAKE-UP:

You can resume wearing make-up 1-2 days after your sutures are removed.

OINTMENT:

Most surgeries require a THIN application of antibiotic ointment to the suture lines 3 times a day for 7 days. In addition, place a little ointment on the inside of the lower lid at bedtime, then blink to spread the ointment (your vision will be blurry).

You may notice upon waking that your eyelids are stuck together, and there is some discharge around your eye. This is a result of the ointment combined with normal eye drainage. Use a Q-tip moistened with a mixture of warm water and hypoallergenic soap or baby shampoo to gently cleanse the eyelids.

Additional medications (oral antibiotic, steroid, and / or pain medications) may be prescribed by your doctor. Use these as directed.

SCARS AND BRUISING:

Generally, there will be very little scarring. Most scars begin to heal in a few weeks, especially scars on the eyelids. Scars on the cheeks and forehead may take longer to heal. Most bruising resolves within 4 weeks.

Bruises may increase in size as the blood spreads out under your skin. Gravity may pull the blood into your cheek resulting in a "shiner." As the body reabsorbs the blood, the bruises may change color from red to purple, green, then to yellow. Some people bruise more easily than others, including the elderly, light-skinned people, and those taking blood thinners.

OCULOPLASTIC RECONSTRUCTIVE AND COSMETIC SERVICES

Regain and maintain your youthful appearance! Eye Associates of New Mexico's Oculoplastic and Reconstructive Team now offers Cosmetic Services provided by our talented and dedicated professional staff, trained in the latest techniques, using state-of-the-art technology.

- Eyelid Surgery
- Botox®
- Facial Fillers
- Laser Skin Resurfacing

OUR SERVICES

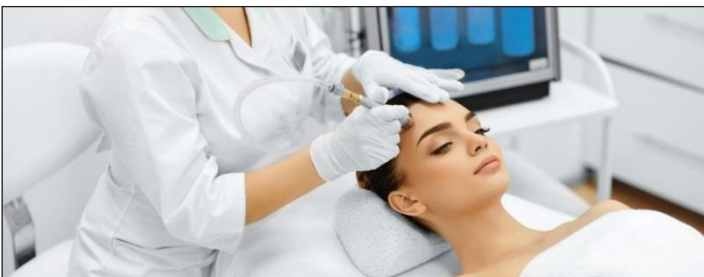
FILLERS: Smooth gel fillers can be injected under your skin to instantly smooth those “parentheses lines” on the sides of your nose and mouth.

BOTOX®: Minimize frown lines, forehead wrinkles, and around the corners of the eyes with Botox®



SKIN RESURFACING WITH CO2 LASER:

Bothered by age spots, pigmentation problems, wrinkles, or leathery skin resulting from years of sun exposure? One of our skin rejuvenation treatment options will help minimize or eliminate these signs of aging, resulting in a more youthful appearance.



LATISSE®: Grow thicker, longer fuller eyelashes with results in just 8 weeks, and full effect in 16 weeks.



Latisse® treatment before and after 16 weeks.

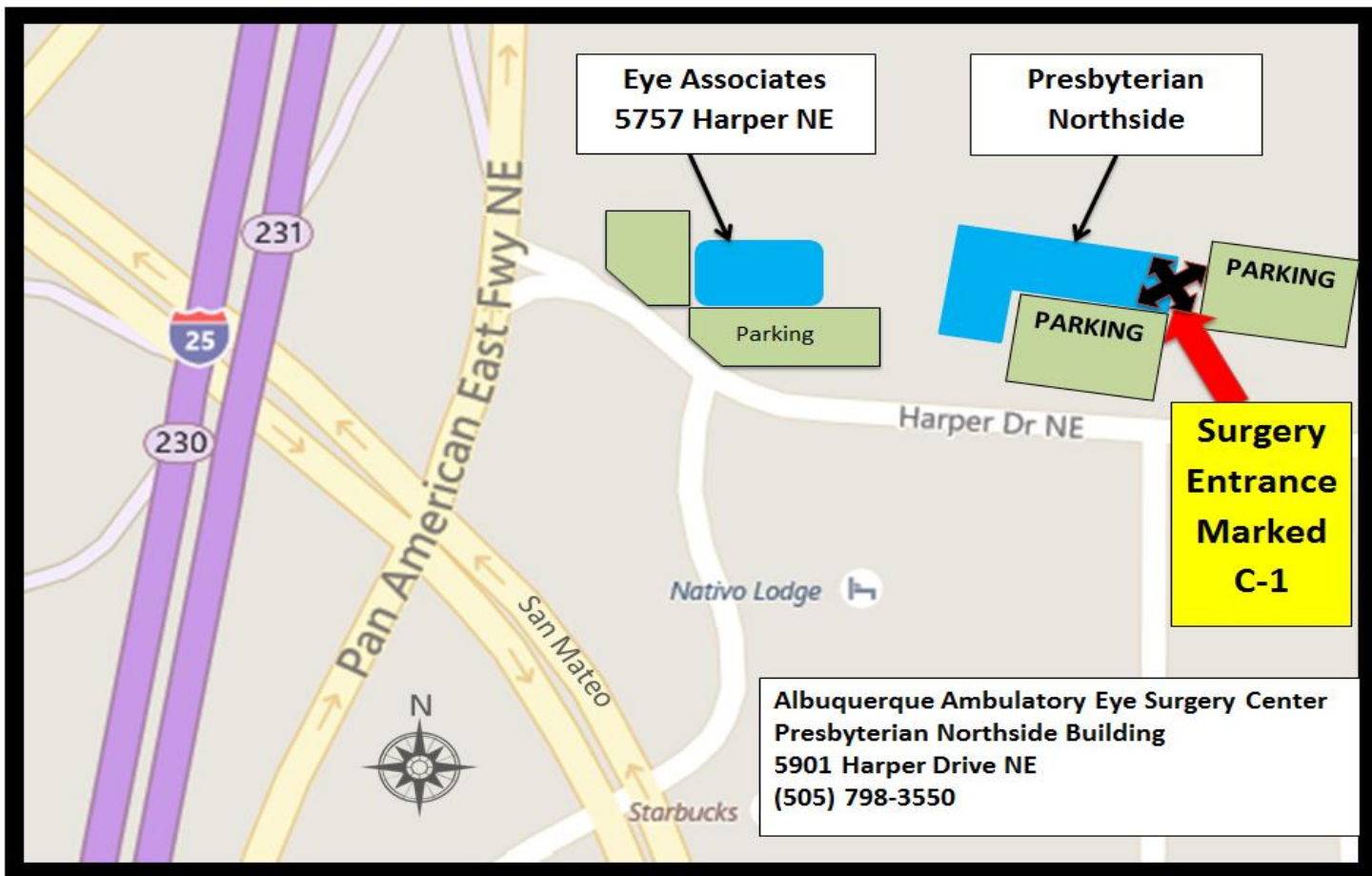


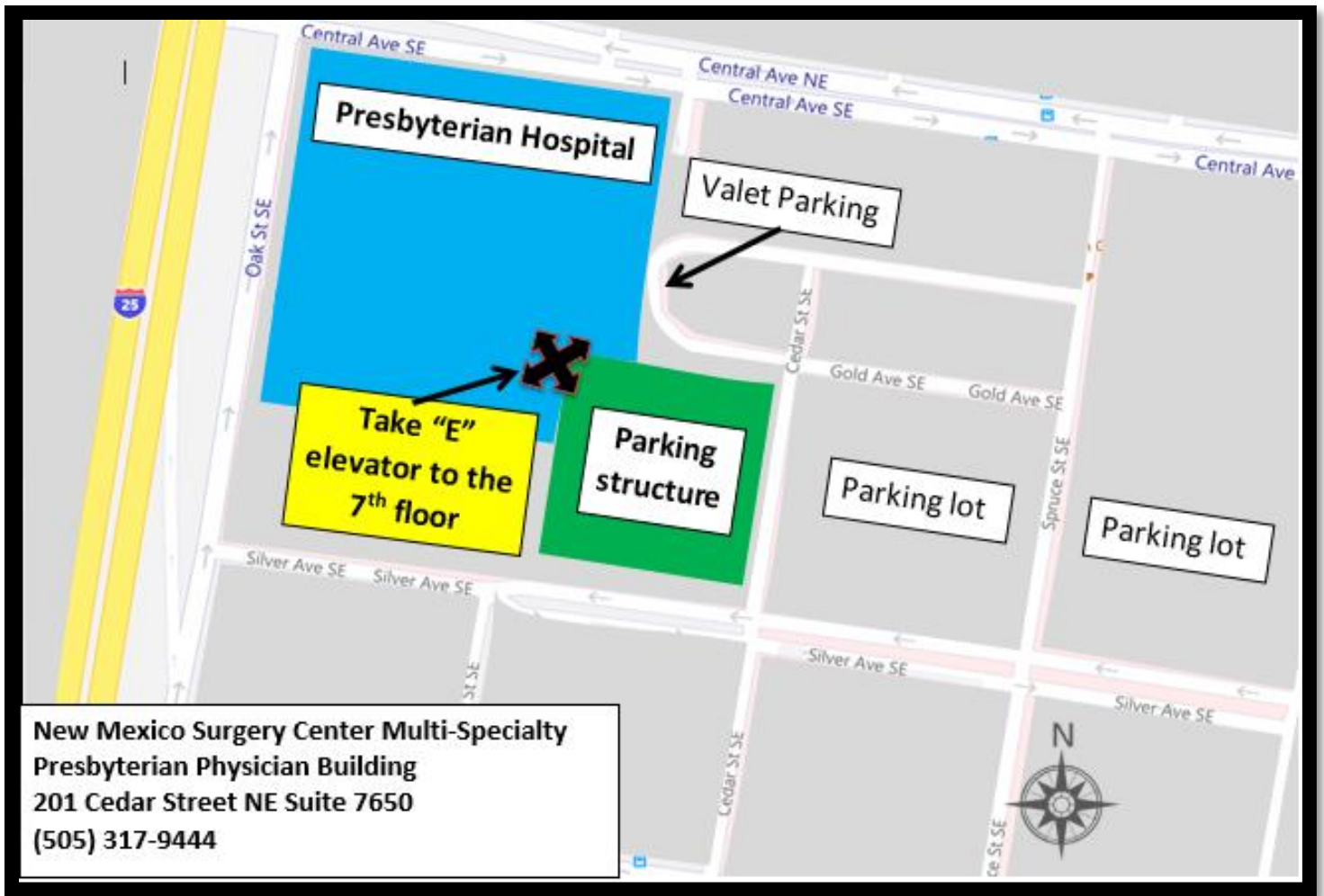
Latisse®
(bimatoprost ophthalmic solution) 0.03%

EYELID SURGERY (BLEPHAROPLASTY)

UPPER LIDS: Upper eyelid skin rubbing your eyeliner off? Ask about surgery on upper lids to remove fat and/or excess skin from the upper eyelids, taking years off your appearance.

LOWER LIDS: Tired of being asked if you're tired? Ask about surgery on lower lids to remove the excess fatty tissue that causes puffiness and bags under the eyes, making you look worn out even when you are well rested.





NOTES / SPECIAL INSTRUCTIONS



Craig R. Vroman, MD

*Surgeon, Ophthalmic Plastic and Reconstructive
Surgery*

MEDICAL SCHOOL

Temple University School of Medicine

DEGREE

Doctor of Medicine

American Board of Ophthalmology Certified

INTERNSHIP

Internal Medicine,
Kaiser Permanente Santa Clara

RESIDENCY TRAINING

Ophthalmology,
Temple University School of Medicine

FELLOWSHIP TRAINING

Oculoplastic and Reconstructive Surgery,
Wills Eye Institute

Preceptors:

Joseph C. Flanagan, MD
Mary A. Sefanyszyn, MD
Jacqueline Carrasco, MD

PERSONAL DATA

Skiing, basketball, and mountain biking



Alejandra Valenzuela-Arellano, MD

*Surgeon, Ophthalmic Plastic and Reconstructive
Surgery*

MEDICAL SCHOOL

Pontifica Universidad Católica de Chile

DEGREE

Doctor of Medicine

American Board of Ophthalmology Certified

INTERNSHIP

Internal Medicine, Ophthalmology, Surgery;
Pontifica Universidad Católica de Chile

RESIDENCY TRAINING

Ophthalmology,
Universidad de los Andes

FELLOWSHIP TRAINING

Orbit, Lacrimal, and Oculoplastic Surgery, Royal
Brisbane and Women's Hospital, Brisbane, Australia
Oculoplastic and Reconstructive Surgery, University
of British Columbia, Vancouver, Canada

Preceptors:

Timothy J. Sullivan, MB, BS, FRANZCO, FRCOphth
Peter J. Dolman, MD, FCPC

PERSONAL DATA

Cooking, gardening, hiking, skiing