

## ***What You Need to Know Before Your Decompression / Orbital Surgery***

**Clothing & Jewelry:** Wear warm and comfy, loose-fitting clothes on surgery day. Remove all jewelry, including any piercings, before you come to surgery.

**No Makeup:** Please avoid wearing makeup.

**Hair Care:** Please avoid dying your hair after surgery for one month.

**Punctuality:** You will be contacted with an arrival time before your surgery day. Please be on time so we can start the preparation process for your procedure.

**Entrance:** Use the Surgery Center doors when you arrive.

**Stay Hydrated:** Drink lots of fluids like water or juice the day before surgery. Limit caffeinated drinks.

**Food and Drink:** Don't eat or drink anything after midnight on the day before surgery. If your arrival time is **AFTER** 12 noon, you can have clear liquids like black coffee (no cream or sugar), apple juice, Jell-O, or clear broth **no later than 6:00 am**.

**Bring a Buddy:** You'll need a responsible adult to assist with post-operative care and drive you home. You can't drive after surgery. It's best if your caregiver waits in our waiting area. (Leave kids at home, please.)

**Leave Valuables Behind:** We can't take responsibility for your personal stuff. Leave your purse, wallet, glasses, etc., at home or with a family member.

**Medications:** Keep taking your prescribed meds as usual, except for aspirin, blood thinners, or anti-inflammatory drugs. We'll let you know when to stop these before surgery. If you're diabetic, don't take diabetic meds on surgery day, but bring them with you.

**Over-the-Counter Meds:** Stop taking over-the-counter aspirin or aspirin-containing products, including vitamins, supplements, or anti-inflammatories, 7 days before surgery.

**Special Needs:** If you have any concerns like an uncontrollable cough, difficulty lying flat, or breathing problems, please tell our staff. We'll have skilled folks looking after you. You'll get some meds through a small IV for comfort before surgery, and more if needed. We'll remove the IV after surgery.

**Home Assistance:** You might want someone to help you once you're back home from surgery, but most patients are good to go after the first day.

**Contact Us:** If you have any questions or concerns at any point after surgery, please don't hesitate to reach out. We're available 24/7 and are here to ensure your comfort and progress during the post-operative period.

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**Bruising and Swelling:** After your procedure, you can expect significant bruising and swelling. This is normal during the immediate post-op period and typically lasts 3-4 weeks. Don't worry if it moves down your face; that's also normal and should heal with time. Most patients report that the discomfort is greatest on the first 2-3 days following surgery. You may experience bleeding from the nose for the first 1-2 days following surgery.

**Incision Care:** Be careful not to get water or soap on your incisions. We recommend showering from the neck down or taking baths. If you wash your hair during the first week, avoid getting water on your face, and no swimming for a week.

**Medications:** You'll receive an antibiotic ointment on the surgery day, which you should apply twice daily to your incisions.

**Sutures:** Most sutures are dissolvable, but for some procedures, you'll need to have them removed at a post-op visit.

**Sleep Position:** Sleep with your head elevated at about a 45-degree angle for the first week to reduce swelling.

**Activity Restrictions:** Avoid strenuous activities, heavy lifting (over 10 pounds), bending at the waist, and hot/dusty environments for the first week. For the first two weeks after surgery, avoid blowing your nose, drinking through a straw, playing horned instruments, blowing up balloons, or any other similar activities. If you sneeze, try to sneeze with your mouth open.

**Dry Eyes:** Expect dry eyes. We recommend artificial tears for relief of this symptom.

**Cold and Heat Therapy:** Use ice on the area for the first 2 days after surgery, and then switch to heat on the 3rd day post-op. This can help reduce bruising and swelling.

**Makeup:** Avoid applying makeup to the incision site for 2 weeks after surgery. You may use make-up concealer to hide bruising 6 days after surgery, but not on incision sight.

**Work Leave:** The time off work needed varies based on your job's physical demands. Most patients can return to work within 1-3 days if their job isn't physically demanding. This all depends on how you feel about people seeing your bruised, you may want more time.

**Prescriptions:** You'll receive prescriptions for pain medication and an ophthalmic antibiotic ointment to use after surgery.

**Care Instructions:** You'll also get a printed sheet with instructions on how to care for your incisions in the immediate post-operative period. These are crucial and should be followed closely during the first week after surgery.

**Post-Operative Rest:** After your procedure, please head home and relax. One of our team members will call you within a business day to ensure you're resting comfortably.

**Driving:** Avoid driving for at least 24 hours after your procedure and while taking pain medication.

# Patient Bill of Rights

## The patient has the right to:

- Be advised that Dr. Byron Wilkes, Dr. Evan Newbolt, Dr. James Hoffmann, and Dr. Donald Gaudin have a financial interest/ownership in PDSC. I have the right to choose the provider and facility for my health care services. I will not be treated differently by my physician if I obtain health care services at another facility.
- Treatment without regard to sex, or cultural, economic, educational, or religious background or the source of payment for his care and be free from all forms of abuse and harassment.
- Considerate and respectful care in a safe setting and to make informed decisions regarding their care in the facility.
- The knowledge of the name of the physician who has primary responsibility for coordinating his care and the names and professional relationships of other physicians who will see him.
- Receive information from his physician about his illness, his course of treatment, and his prospects for recovery in terms he can understand. When it is medically inadvisable to give such information to a patient, the information is provided to a person designated by the patient or to a legally authorized person.
- Receive the necessary information about any proposed treatment or procedure to give informed consent or to refuse this course of treatment. Except in emergencies, this information shall include a description of the procedure or treatment, the medically significant risks involved in this treatment, alternate course of treatment or non-treatment and the risks involved in each, and the name of the person who would carry out the treatment or procedure.
- Participate actively in decision regarding his medical care. To the extent permitted by law, this includes the right to refuse treatment.
- Full consideration of privacy concerning his medical care program. Case discussion, consultation, examination, and treatment are confidential and shall be conducted discreetly. The patient has the right to be advised as to the reason for the presence of any individual.
- Confidential treatment of all communication and records pertaining to his care. His written permission shall be obtained before his medical records are made available to anyone not concerned with his care.
- Reasonable responses to any reasonable request he makes for services.
- Reasonable continuity of care and to know in advance the time and location of appointments as well as the physician providing the care.
- Be advised if physician proposes to engage in or perform human experimentation affecting his care or treatment. The patient has the right to refuse to participate in such research projects.
- Be informed by his physician or designee of his continuing health care requirements.
- Examine and receive an explanation of his bills regardless of source of payment.
- Have all patient rights explained to the person who has legal responsibility to make decisions regarding medical care on behalf of the patient.
- Change the provider if other qualified providers are available.
- The role of the Medicare Beneficiary Ombudsman is to ensure that Medicare beneficiaries receive the information and help they need to understand their Medicare options and to apply their Medicare rights and protections.
- Express suggestions, grievances and/or complaints verbally or in writing to the Surgical Center Supervisor and he/she will follow the grievance policy, or to the Arkansas Department of Health, Health Facility Services at 5800 West 10<sup>th</sup> Street, Suite 400, Little Rock, AR 72204 or you may call 1-800-223-0340 or email Medicare at [Medicareombudsman@cms.hhs.gov](mailto:Medicareombudsman@cms.hhs.gov) or submitted online at <https://www.cms.gov/Center/Special-Topic/Ombudsman/Medicare-Beneficiary-Ombudsman-Home>