



Eye Plastic Surgery

("Oculoplastic" Surgery)
with **Dr. Gene Howard**

BRING THIS BOOKLET WITH YOU ON THE DAY OF SURGERY



THANK YOU

FOR CHOOSING GENE HOWARD, M.D., AND CAROLINA EYECARE PHYSICIANS FOR YOUR EYE PLASTIC SURGERY!

We want you to know what to expect before, during, and after your surgery and have provided this booklet to help you prepare. You will need to refer to this information, so please keep it handy and bring it with you on the day of surgery!

Dr. Howard will perform your surgery at **Physicians' Eye Surgery Center**.

Your anesthesia services will be provided by **Anesthesia Associates of Charleston (AAOC)**.

YOUR SURGERY DATE:

SURGERY TIME CONFIRMATION

On the day before your surgery, the pre-op nurse will call you between 2 and 4 pm to confirm the time and to tell you when you should check in at the surgery center.

Please note your check-in time here:

Our surgery schedule begins very early in the morning. If you are scheduled as the first or second case of the day, you may be asked to come to the surgery center as early as 6 a.m.

IMPORTANT PHONE NUMBERS

Call Dr. Howard's office at (843) 797-LIDS or (877) 817-3437 (toll-free) to:

- Schedule an appointment
- Ask questions about your medicine
- Request a prescription refill
- Speak with our surgery coordinator
- Report significant changes in your health before your surgery
- Reschedule your surgery
- Report problems after surgery

Do you need help after normal business hours or on a weekend? Call (843) 469-7116.

Dr. Howard's fax number is (843) 884-8584.

Do you need to contact **Physicians' Eye Surgery Center**? Call (843) 571-4800.

Call Anesthesia Associates of Charleston at (843) 723-3441 if:

- You need information about your anesthesia
- You have insurance-related questions about anesthesia services

PREPARING FOR YOUR EYE PLASTIC SURGERY

IMPORTANT THINGS TO DO NOW

- Please read this entire booklet carefully.
- Take time to review the sample surgical consent form found on page 8. You will be required to sign a completed copy of this form on the day of surgery.
- Arrange for your pre-op health evaluation.

If your evaluation is performed by your primary care doctor, have the results faxed to Dr. Howard's office at (843) 884-8584. Your surgery may be cancelled if this has not been completed two weeks in advance.

- Fax Dr. Howard's office a complete list of the medicines you are taking, including over-the-counter medicines (supplements, pain relievers, etc.), at least two weeks before your surgery.
- Arrange to have someone drive you home after your surgery.

You will NOT be allowed to drive yourself home. Please let us know in advance if transportation will be a problem.

- Purchase these homeopathic remedies that Dr. Howard recommends to promote healing and minimize bleeding, inflammation, and discomfort:

Arnica Montana Pills
Bromelain

These remedies can be found at most health food stores, and at these local stores:

- | | |
|------------------|----------------------------------|
| • Earth Fare | (843) 769-4800 |
| • Health Nuts | (843) 764-4956 |
| • Vitamin Shoppe | (843) 569-1866 |
| • Whole Foods | (843) 971-7240 |
| • Vitamin World | (843) 903-0257
(Myrtle Beach) |

- Review the list of medicines that you must stop taking at various times before surgery (see the schedule that follows). This is very important!



Do you have questions about which essential medicines you can take on the morning of surgery? Contact the office, and we will be happy to assist you.

Do you take insulin or diuretics (water pills)? Contact the office, as these may require special instructions.

TWO WEEKS BEFORE SURGERY, STARTING ON _____ :

- **STOP taking** any of the following over-the-counter medicines:

Advil	Excedrin
Aleve	Fish oil
Alka-Seltzer	Goody's Powders
Ascriptin	Ibuprofen
Aspirin	Motrin
BC powder	Pamprin
Bufferin	Vitamin E
Ecotrin	

TYLENOL is the only pain medicine you can take during the two weeks before your surgery!

- **STOP taking** the following prescription medicines:

Aggrenox	Heparin
Dipyridamole (Persantine)	Innohep
Etodolac (Lodine)	Ketorolac (Toradol)
Fiorinal	Lovenox
Fragmin	Percodan
	Ticlid

FIVE DAYS BEFORE SURGERY, STARTING ON _____ :

- **STOP taking** these blood-thinning medicines:

Coumadin	Warfarin
Plavix	

Before you stop taking a blood-thinning medicine, call the doctor who prescribed it. If you have any questions about stopping this or any other medicine, call our office for instructions!

THREE DAYS BEFORE SURGERY, STARTING ON _____ :

- **STOP taking** these or any other arthritis medicines:

Celebrex	Nabumetone (Relafen)
Diclofenac (Voltaren)	Naprosyn (EC-Naprosen)
Diflunisal (Dolobid)	Naproxen (Aleve)
Indomethacin (Indocin)	Oxaprozin (Daypro)
Ketoprofen (Orudis)	Piroxicam (Feldene)
Meloxicam (Mobic)	Sulindac (Clonoril)

THREE DAYS BEFORE SURGERY, STARTING ON _____ :

- **START taking** these homeopathic remedies 3 times a day:

Arnica Montana Pills
Bromelain

THE NIGHT BEFORE SURGERY:

- **Do NOT eat or drink anything after midnight.**

Your surgery must be cancelled if you eat or drink anything after midnight.

ON THE MORNING OF SURGERY:

- You may take your essential medicines, but with only a sip of water.

Contact our office if:

- You have questions about which medicines you can take on the morning of surgery
 - You take insulin or diuretics (water pills)
-
- Please **bring this booklet with you** to the surgery center.
 - Wear a blouse or shirt that buttons or zips up the front and does not have to be pulled over the head.
 - DO NOT wear jewelry or makeup.
 - When you arrive at the surgery center, the anesthesia and nursing personnel will help you change your clothes and get ready for surgery.
 - Dr. Howard tries to meet with each patient before surgery to answer any last-minute questions.
 - After your surgery, Dr. Howard will talk to your family and friends in the waiting area.

BEFORE YOU LEAVE THE SURGERY CENTER:

- The nursing staff will review these instructions with you, including the use of cold compresses, and prepare you to return to your home.



- The staff will arrange for your first follow-up appointment.

In most cases, Dr. Howard will plan to see you one week after surgery and will remove your stitches at that time.

Your first follow-up appointment is scheduled for:

Date: _____

Time: _____

at Dr. Howard's

_____ office.

The second follow-up visit usually takes place about one month after surgery

AS YOU RECOVER AT HOME

In most cases, your eyes will not be patched following your surgery, and you will be able to take care of yourself without another person's help.

Minimizing bruising and swelling during the first 48 hours after surgery

- Keep your head elevated.
- Use cold compresses.

Many patients find that a zip-lock bag of frozen peas makes an excellent cold compress. Follow the cold compress instructions given to you by your nurse.



What to expect:

- Most bruising goes away within one to two weeks.
- Bruises may become larger as the blood spreads out under the skin.
- You may develop a “shiner,” as gravity often pulls blood into your cheek.
- As your body re-absorbs the blood, the color of the bruise may progress from red to purple to green to yellow.
- You may bruise more easily if you are elderly, have light skin, or if you take blood thinners or steroid medicines.

MEDICINES

- For 5 to 7 days after surgery, continue taking Arnica Montana and Bromelain homeopathic remedies three times a day.
- Take Tylenol to relieve pain and discomfort. If needed, you may take the pain medicine prescribed by the doctor. ***DO NOT take both Tylenol AND the prescription pain medicine at the same time!***
- One week after surgery, you may resume taking aspirin, Aleve, ibuprofen, Advil, Excedrin, and BC Powder.

CLEANING THE EYELIDS

- Moisten a clean washcloth or cotton ball with a mixture of warm water and non-allergenic soap (or baby shampoo) and gently clean your eyelids.

What to expect:

- When you awaken, your eyelids may be stuck together, and there may be an increase in the amount of discharge around your eye.
- This is normal and is caused by the combination of ointment used during surgery and normal eye drainage

DIET

- You may drink liquids immediately after surgery.
- For your first meal, eat small portions of your usual diet to minimize any stomach upset.

HEALING

Most incisions begin to heal within a few weeks, especially incisions on the eyelids.

What to expect:

- There is usually very little scarring
- Incisions on the cheek and forehead may take longer to heal

If Dr. Howard performed laser resurfacing at the same time as your eyelid surgery, it may take longer for you to heal. You will receive special instructions for skin care.

MAKEUP

- You may resume wearing makeup 1 to 2 days after your stitches are removed.

ACTIVITY LEVEL

To minimize the risk of bleeding:

- Rest for the first two days after surgery.
- Please consult us before planning to perform strenuous activity.

IN CASE OF EMERGENCY

Call Dr. Howard's office **IMMEDIATELY** if you have any of the following problems during the first few days after surgery:

- **Loss of vision**
- **Severe eye pain**
- **Opening of the wound**
- **Fever**
- **Redness around the incision**

Call **(843) 793-LIDS** (5437) during normal business hours, or call **(843) 469-7116** after hours, and on weekends.



SAMPLE CONSENT FORM

Please take time to review this sample surgical consent form. ***You will be required to sign a filled-in copy of this form on the day of surgery.***

PHYSICIANS' EYE SURGERY CENTER, LLC

I have explained the nature and purpose of the surgical procedure, including the risks involved, possible associated complications or consequences and the likelihood of success of diagnostic and/or treatment procedures. I have discussed the prognosis if the procedure is not performed and alternative treatment(s) available.

M.D. Signature _____ Date _____

OPERATION, TREATMENT OR OTHER PROCEDURE

I hereby consent to and authorize Physicians' Eye Surgery Center, LLC, and the attending physician or surgeon, Dr. _____ and/or such assistants as may be selected by him to perform or have performed the following procedure(s): (list procedures)

on (name of patient) _____

I also consent to the administration of such anesthetic and/or conscious sedation agents and blood by the physician responsible for the service. The nature of the procedures, the material risks involved, the likelihood of success, the potential benefits, the problems related to recuperation, the prognosis if the procedure is not done, and any alternatives have been explained to me and I understand the explanation provided. I have had the opportunity to ask questions and my questions have been answered to my satisfaction.

I recognize that, during the course of the operation or procedure, unforeseen conditions may necessitate different procedures than those set forth above. I further authorize and request that the above named physician and/or his assistants perform such procedures as are, in his professional judgment, necessary and desirable. I voluntarily give my consent to the above procedure(s).

Permission is granted to utilize for research purposes and/or to dispose of any tissue recovered or amputated parts, if amputation is necessary. No guarantee of results of any of the above procedures has been given to me.

EXCEPTIONS: _____

WITNESS: _____ SIGNATURE: _____

RELATIONSHIP TO PATIENT: _____

DATE: _____ TIME: _____ AM/PM

Please initial here that you are aware of your privacy rights and have been offered a copy of Physicians' Eye Surgery Center's Privacy Policy. _____

THE PHYSICIANS' EYE SURGERY CENTER OF CHARLESTON

Charleston's only physician-directed eye surgery center

Dr. Howard will perform your surgery at The Physicians' Eye Surgery Center of Charleston,* an outpatient facility designed and staffed to deliver a comfortable, patient-focused experience from beginning to end. This state-of-the-art surgery center, designed exclusively for eye surgery, is fully-licensed by the state and accredited by AAAHC (the Accreditation Association for Ambulatory Health Care).

2060 Charlie Hall Blvd., Suite 301
Charleston, SC 29414
(843) 571-4800
www.PhysiciansEyeSurgeryCenter.com

DIRECTIONS

From I-26:

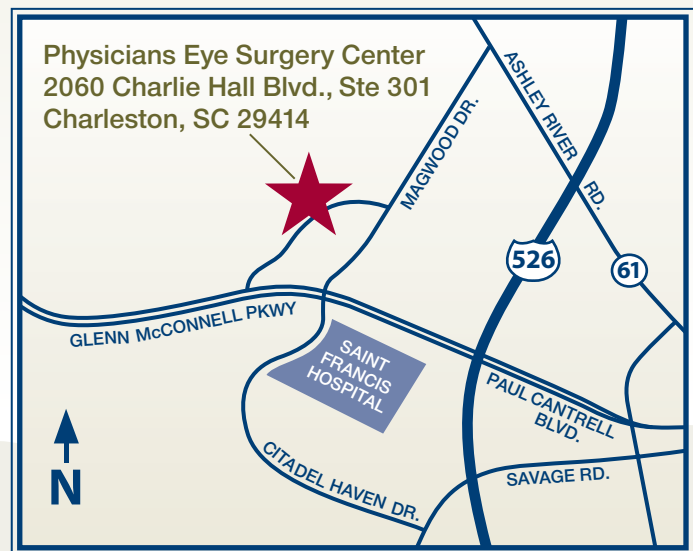
- Take I-26 (toward Savannah) to I-526 (toward Savannah)
- Exit 11-B (Hospital exit)
- Turn right at the first street (Magwood)
- Turn left onto Charlie Hall Blvd.
- Turn right at Essex Medical Park (the fifth driveway on the right)
- The Eye Surgery Center is located in the 3rd building on the left, Suite 301

From Hwy. 61, coming from Summerville:

- Turn right on Magwood
- Turn right on Charlie Hall Blvd.
- Turn right at Essex Medical Park (the fifth driveway on the right)
- The Eye Surgery Center is located in the 3rd building on the left, Suite 301

From Hwy. 17-S:

- Take I-526 toward North Charleston/Mt. Pleasant
- Exit 11-B (Hospital exit)
- Turn right at the first street (Magwood)
- Turn left onto Charlie Hall Blvd.
- Turn right at Essex Medical Park (the fifth driveway on the right)
- The Eye Surgery Center is located in the 3rd building on the left, Suite 301



*Some Carolina Eyecare Physicians surgeons have ownership interest in The Physicians' Eye Surgery Center of Charleston.

YOUR SURGEON: GENE R. HOWARD, M.D.



Internationally-recognized oculoplastic surgeon Gene Howard, M.D., specializes in eye-related plastic and cosmetic services that can help you look and feel your best.

Dr. Howard received a bachelor's degree from Bowdoin College in

Brunswick, Maine. He completed a master's degree in public health, his medical degree, an internship in internal medicine, and a research fellowship at Johns Hopkins University.

After completing medical school, Dr. Howard worked for two years in East Africa and South Asia on international eye health projects. Upon returning to the United States, he completed his residency training in ophthalmology at the

University of Illinois in Chicago, and completed a fellowship in oculoplastic surgery and orbital oncology at the University of Iowa in Iowa City.

From 1991 until 1995, Dr Howard was an assistant professor at MUSC in the departments of ophthalmology, dermatology and otolaryngology. He later served as a professor of ophthalmology at MUSC and held the Stanley & Theodore Feldberg endowed chair.

As an attending physician at MUSC, Dr. Howard served as consulting staff to the MUSC Hollings Cancer Center and to the Department of Ophthalmology at the University of South Carolina in Columbia.

Dr. Howard served as a delegate to the South Carolina Medical Association and is a past president of the Charleston County Ophthalmological Society.

DR. HOWARD'S PHYSICIAN ASSISTANT: MALISSA SANDHU, PA-C



Malissa Sandhu is a certified Physician Assistant who performs oculoplastic evaluations and assists during surgical procedures.

In 1997, Malissa received a Bachelor of Science degree in biology from the College of

Charleston, and was a cum laude graduate of the Medical University of South Carolina in 2000, with a Bachelor of Science degree in physician assisting.

She is a member of the American Academy of Physician Assistants and the South Carolina Academy of Physician Assistants. Malissa was previously a Clinical Instructor at the Medical University of South Carolina and remains Adjunct Faculty at the Physician Assistant program.

DO YOU HAVE:

- Unightly facial wrinkles or folds?
- “Bags” around the eyes?
- Lines around the eyes or across the forehead?



ASK DR. HOWARD IF YOU MAY BENEFIT FROM ONE OF THESE OTHER PROCEDURES

BOTOX® COSMETIC

Injections of Botox Cosmetic temporarily reduce the appearance of fine lines around the eyes and across the forehead. Botox safely relaxes certain facial muscles without affecting normal facial expressions. The injection feels like a slight pinch, and no anesthetic is required. You can resume normal activities immediately after a Botox treatment.

RESTYLANE®

Restylane is a cosmetic dermal filler that diminishes facial wrinkles and folds by using the body's own moisture to restore volume and fullness to the skin. The safe and natural hyaluronic acid in this filler is hydrophilic (“water loving”). As it gradually degrades, each molecule binds to more water, which helps to produce lasting results.

LASER RESURFACING

Dr. Howard uses a laser to refine and remove wrinkles and bags around the eyes. Laser resurfacing can be done at the same time as eyelid surgery, or as a separate procedure. Recovery time is generally only 2 to 3 weeks.

RADIESSE®

Radiesse injectable wrinkle filler has been proven to stimulate the growth of your own natural collagen. This biocompatible treatment works with your body to restore facial volume. Results are instant and last a year or more for many patients.

These treatments may be available elsewhere, but they generally provide the safest and best results when performed under the supervision of an experienced surgeon like Dr. Howard.

Ask us about affordable and budget-friendly financing for these cosmetic procedures.

GENE HOWARD, M.D.



**CAROLINA
EYECARE**
PHYSICIANS, LLC

Excellence in Ophthalmic Care

1280 Johnnie Dodds Blvd., Ste 100
East Cooper Medical Arts Center
Mt. Pleasant, SC 29464

2060 Charlie Hall Blvd., Suite 201
Charleston, SC 29414

2861 Tricom Street
North Charleston, SC 29406

(843) 793-LIDS (5437)

(877) 817-3437

www.CarolinaEyecare.com