

Ophthalmology department

Blood thinners and oculoplastic surgery

Information for patients, relatives and carers

Introduction

Routine eye surgery has a low risk of bleeding and bruising, though this risk is increased if you are taking blood thinners.

Blood thinners protect you from blood clots but sometimes you will be asked to temporarily stop them to make sure your eye surgery is as safe as possible. The decision to stop, how long to stop and when to restart will depend on why you are taking blood thinners and which one you are taking. **If your eye doctor asks you to stop or change how you take your blood thinners, then please follow their instructions.**

Normally, the decision on when to stop your blood thinners is made at the time it is decided you should have surgery.

Sometimes your ophthalmologist will need to wait for input from the doctor looking after your blood thinners, like your GP or haematologist.

Please let us know about any recent blood clots. Surgery will normally be delayed until three months after the clot.

When are blood thinners usually stopped and restarted?

Antiplatelet blood thinners:		
Medication	Stop	Restart
Aspirin 300mg	10 days	24 hours
Aspirin 75mg	Not stopped	
Clopidogrel	7 days	24 hours
Dipyridamole	2 days	24 hours
Prasugrel	7 days	24 hours
Ticagrelor	7 days	24 hours
Ibuprofen	7 days	24 hours
Naproxen	7 days	24 hours
Diclofenac	7 days	24 hours
Mefenamic acid	7 days	24 hours

Anticoagulant blood thinners:		
Medication	Stop	Restart
Warfarin	5 days	Evening of surgery
	Aim for normal INR	
Rivaroxaban	2 days	Immediately after surgery
	3 days if poor kidneys	
Apixaban	2 days	Immediately after surgery
	3 days if poor kidneys	

When are blood thinners **not** stopped?

Your blood thinners might not be stopped:

- if your surgery is an emergency
- if your surgery is not expected to cause much bleeding
- if your risk of clotting is too high to safely stop

If your risk of clotting is very high, your eye doctor might ask for you to change your blood thinner to one with a lower bleeding risk around the time of surgery. This is called 'bridging therapy'. It might be used if you have a metallic heart valve, clotting disorder, recurrent clots or poor kidney function.

Supplements and blood thinning

The following supplements taken as tablets can cause blood thinning. So, to avoid bleeding and bruising, please stop them at least 7 days before your operation: aloe vera, Cordyceps sinensis, Echinacea, garlic, Ginkgo biloba, hawthorn.

Personalised blood thinner plan

My name is:		
My surgery is a		
which I will have under		anaesthetic
My blood thinner is		
and I take this for		
I will stop my blood thinner		days before my operation
and restart my blood thinner		days after my operation

Who you can contact for more information

- Outpatients at Western Eye Hospital – 020 3312 3236
- Outpatients at Charing Cross Hospital – 020 3311 1109 / 1233 / 0137
- Pre-assessment clinic – 020 3312 9729/ 9730
- Alex Cross ward Nurses station – 020 3312 3214

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.communications@nhs.net

Wi-fi

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