

Surgery Date _____ Arrival Time _____ Location _____

EYELID, LACRIMAL, AND ORBITAL SURGERY Pre-Operative Instructions for Patients

We know that scheduling surgery can be a confusing process, and want to make your surgical experience and recovery period as smooth as possible. The information in this letter will help you prepare for your operation. You may find it helpful to have a family member or friend read this information with you.

What to expect on day of surgery:

Come to the surgery center with your photo ID, insurance card, and either enough cash or a credit card if a co-pay or registration fee is necessary. Please arrive at the reception area at the time marked on the front of this form.

You will be going home approximately 30 minutes to 1 hour after your surgery. You can expect to be at the center for 2 to 4 hours, depending on the type of surgery. **You must not plan on driving yourself home after surgery.** Medications may cause drowsiness which will make it unsafe for you to drive. Also, you will not be allowed to be taken home in a taxi by yourself, especially if you have had any sedation for the surgery. If your ride cannot wait for you, we will call your ride when you are ready to leave. You may prefer to have someone stay with you overnight the day of your surgery, but it is not mandatory.

Things to do before surgery:

- 1. Get medical clearance for surgery from your primary care physician.** We have provided you with forms to bring to your doctor, to make sure you are healthy enough for surgery. These forms must be completed and returned to us no later than 1 week before surgery and no earlier than 2 weeks before surgery.
- 2. Complete lab work within 1 week, and EKG within 1 month of surgery.** Results and copies of EKG may be faxed to (818) 783-9059.
- 3. Do not eat or drink anything starting at midnight the night before surgery.** Please strictly follow this rule. Surgery will be cancelled if this is not followed.
- 4.** Usually all medicines taken by mouth need to be stopped on the morning of the surgery. This also includes vitamins and supplements. Only exceptions are medicines used to treat high blood pressure, which may be taken with a sip of water. Diabetics should omit their morning dose of Insulin or oral diabetic medicines as well. If you are not clear about this, please have it clarified at your pre-op visit with

your primary care physician. Bring any inhalers or insulin with you to the surgery center on the day of surgery.

5. All blood thinners- aspirin or aspirin like medicines (motrin, advil, aleve e.g.) need to be stopped at least 10 days before surgery unless otherwise ordered by your primary care physician. May herbal medicines also thin your blood, as does Vitamin E and Vitamin C. If you are not sure about this, please consult your pharmacist. If you take Coumadin, please discuss with your primary care physician/Coumadin clinic how or if you should stop the medication for surgery. **Do not stop your prescribed blood thinners unless permission is given by your primary care physician, cardiologist, or Coumadin clinic.**
6. Have a shower the morning of surgery, teeth may be brushed, do not apply make-up, and wear loose comfortable clothes. If you need glasses to see, please bring them to the surgery center. If you use contact lenses, you will need to remove them before surgery. Please wear your hearing aid or dentures if you have any.
7. Informed consent for surgery is obtained pre-operatively. Please clarify all your doubts prior to surgery. If you have forgotten something or have a new question, you can have it clarified before surgery, when the surgeon sees you in the pre op area. Information about the surgical procedure is usually available on our website.
8. **You may need to pay a co-pay for the surgery.** You can find out about this from our billing/authorization staff.
9. You will have post op appointments scheduled. Please be sure that the dates are acceptable to you before surgery. If you want to make changes, please discuss this with the scheduler.
10. Last but not least, try to relax. Being nervous is natural. We will do everything we can to make your experience as pleasant as possible.