

THINGS TO KNOW PRIOR TO & AFTER YOUR SURGERY

Prior to your surgery:

A hospital/surgery center representative will call to confirm your appointment time and collect insurance and admission data.

Your Surgery date:

St Helena Hospital
3rd Floor Outpatient Department

Providence (Queen of the Valley)
Outpatient Surgery Center
off Villa Lane

Bring your insurance identification card with you to your appointment. The hospital needs a copy to be able to bill your insurance carrier.

Day of Surgery:

- Do not eat or drink anything past midnight the night before surgery (this includes water and gum); you may eat normally the night before surgery. This is for your safety- surgery will be cancelled if you forget!
- Wear comfortable, loose-fitting clothing, like a jogging suit with flat, slip-on shoes. You will be asked to remove your clothing from the waist up and will be provided a hospital gown to wear during surgery.
- Leave all of your valuables at home: jewelry, money & credit cards.
- Take all of your prescribed medications with a sip of water at the normal time. Ask your doctor about diuretics (water pills), aspirin, anti-coagulants, and diabetic medical pills or insulin.
- Do not wear makeup of any kind or use lotions on your face two days prior to surgery

During your surgery:

- A sedative will be given to help you feel relaxed, but you will not be asleep. While your eye is numb, you may feel drops and mild pressure at times. You do not have to worry about keeping your eye open as an instrument will be used to keep it open for you. You will not see the instruments or the surgery itself, but you will be able to see light and colors during the operation. If you are uncomfortable in any way, even if just an itch, do not move. Simply say “Stop” and we can discuss the situation.
- When having local anesthesia, you will go to the outpatient surgery center recovery room. You will be able to go home that same day. If you have a general anesthetic, you will also go to the recovery room. As soon as the staff feel that you are ready, you will be discharged home.
- Arrange for someone to drive you home. You will only be released to the care of an accompanying adult relative or friend. Do not drive any vehicles or operate mechanical equipment for 24 hours after your surgery. A nurse will give you post-operative instructions explaining what to do to assist you in your recovery. Full post-operative instructions will be given at our office at your first post op visit, usually the same day or next day of surgery.

After your surgery:

- No heavy lifting, bending or straining for 1 week after surgery
- No liquids (including shower water) in or within 2 inches of the eye for 1 week after surgery
- No eye rubbing or pressure on the eye for 1 week