

PREOPERATIVE INSTRUCTIONS FOR OUTPATIENT SURGERY

1. Do not eat or drink anything after midnight prior to your scheduled day of surgery. You may take any pills that you are now regularly on with a small **SIP** of water.
2. Do not smoke for twenty-four (24) hours prior to and after your surgery.
3. Shower or bathe the night before or morning of surgery. Carefully wash your face and the eyelids with soap and water the night before surgery and again on the morning of surgery.
4. Prior to surgery, remove nail polish, makeup, jewelry, dentures or partials, contact lenses, hair accessories, etc. (You may leave wedding band on.)
5. Please arrange for a friend or family member to drive you to the hospital on the morning of surgery. This person should plan on staying until you are discharged.

6. Please instill your regular drops until the time of surgery.

In addition, please instill the following medications **starting 4 days before surgery**

One drop of Polytrim, Ofloxacin, Ocuflax, Ciprofloxacin, or Vigamox in the **SURGICAL EYE at breakfast, lunch, dinner and bedtime (4 times each day).**

Prescriptions for these medications are attached or will be mailed to you closer to your surgery date.

7. During surgery, you will have a heart monitor, automatic blood pressure monitor and intravenous (IV). These are routine precautionary measures.
8. The majority of patients will go to the Recovery Room for at least thirty (30) minutes following surgery. Your blood pressure and other vital signs will be monitored there.
9. On discharge from the Recovery Room you will be given an instruction sheet and any necessary prescriptions. Bring this and all of your drops (including the Pred Acetate/Pred Forte/Omnipred/Durezol prescription) with you to your first post-op visit.

I. Measures To Minimize the Risk of Operative Infection

Bacterial infections following ocular surgery are uncommon, however, because they can have a significant impact on the final vision we are asking that you initiate the following two treatment measures before your surgery.

4 weeks pre-operatively: Begin a lid hygiene/lid scrub protocol – once in the (or when scheduled for surgery) morning and once at night

Step 1. Purchase a small 2-6 oz bottle of baby shampoo (i.e., Johnson's No Tears Baby Shampoo)

Step 2. Dilute this with tap water to make a mixture of one measure of shampoo and 4 measures of water. Store this in a plastic, unbreakable bottle.

Step 3. Wash your face and eyelids carefully with mild soap and a wash cloth

Step 4. Drape a hot washcloth over the eye that is going to have surgery for 5-10 minutes. Make the cloth hot every 2-3 minutes.

Step 5. Moisten a cotton stick applicator (i.e., Q tips) with the diluted baby shampoo mixture, squeeze out the excess, and gently scrub along the lid edge and lash base of the upper and lower lids (back and forth 6 times) of the eye that is undergoing surgery.

Step 6. Rinse face and lids with warm water.

4 days before surgery: Begin instilling the antibiotic drop you were prescribed into the eye that is to be operated on 4 times each day - breakfast, lunch, dinner and bedtime.

At surgery, we will carefully wash around the eye with an antibacterial solution and will instill an antibacterial eyedrop into the eye that is being operated on. At the end of the case, we will instill antibacterial eye drops, ointment and/or inject antibiotics around the eye.