



PREOPERATIVE CHECKLIST

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One Week Before Surgery

- Arrange for someone else to drive you to and from the surgery center on the day of surgery. (This visit will probably last about 3 hours.)
- Arrange for someone else to spend the night with you on the evening of surgery.
- Arrange for someone else to drive you to and from the office on the morning after surgery. (This visit will probably last about 1 hour and is usually scheduled between 7:30 and 8:30 AM.)
- If you are a male patient taking **FLOMAX® (tamsulosin)** or any other drug for urinary retention/frequency, be sure your surgical coordinator and surgeon are aware of this. You may be asked to take additional eyedrops to help your pupil dilate before surgery.
- If you are taking **COUMADIN (warfarin), Aspirin, or Plavix** , be sure your surgical coordinator and surgeon are aware of this. Typically, these medications are not discontinued, but you may be asked to see your primary care physician to be certain your blood clotting rate is in the therapeutic range.

The Day Before Surgery

- Begin using your pre-op eye drops in your operative eye as instructed. (You only need one eye drop from each bottle, and you can use them in any order that you like, but it is important that you wait at least five minutes between medications.)

The Night Before Surgery

- **Do not eat or drink after midnight the night before surgery**

THE DAY OF SURGERY

Diabetics:

- ❑ **Do not take your morning dose** of insulin or other diabetes medication, but **bring it with you to the surgery center**; you may be asked to take these medications after surgery once you have eaten.

Everyone:

- ❑ **Do not eat or drink anything the morning of surgery.**
- ❑ **Take your usual morning prescription medications** (Heart, High Blood Pressure, Seizure, etc.), **except for Insulin and other diabetic medication**, prior to arrival at the surgery center with a small sip of water only.
- ❑ **Use your eye drops** on the morning of surgery before you arrive
- ❑ **Bathe or shower** and wash your hair before surgery for hygiene.
- ❑ Completely and thoroughly remove all face makeup. (This includes all types of oils, lotions, sunscreen, facial moisturizer, liquid foundation, powder, eyeliner, mascara, eyebrow pencil, and eye shadow. Lipstick is okay!)
- ❑ Remove all of your jewelry and leave it at home. (Wedding bands and small earrings are okay.)
- ❑ **Wear comfortable clothing.** Please wear shirts or blouses that button or zip up the front. Long sleeves are okay as long as the fabric is lightweight.

THE MORNING OF SURGERY:

- I instilled my pre-op **eye drops** in the surgery eye.
- I took my usual morning prescription medications (blood pressure, heart, seizure, etc.) **except for diabetic medication** with a sip of water.
- I have no cream, lotion or makeup on my face. (Lipstick is okay)
- I removed my jewelry and left it at home.
- I have not had anything to eat since midnight.**
- I did not drink anything for at least six hours before my surgery.
- I have arranged transportation** to and from surgery today, and also for my first postoperative appointment tomorrow morning.