### Planning for your Outpatient Eye Surgery at Minnesota Valley Surgery Center

<table>
<thead>
<tr>
<th>Before Surgery</th>
<th>Day Before Surgery</th>
<th>Day of Surgery</th>
<th>Surgical Admission</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>One Medical Passport:</strong>&lt;br&gt; Please log on to our website <a href="http://www.minnesotavalleysurgerycenter.com">www.minnesotavalleysurgerycenter.com</a> and click on the icon titled One Medical Passport. Complete the health history questionnaire. If you do not have internet access or need assistance please call 952-232-1117 and leave a message.</td>
<td><strong>Call the surgery Center if there is any change to your health at 952-232-1110.</strong>&lt;br&gt; <strong>Do Not</strong> smoke or drink alcohol for 24hrs before and after surgery.&lt;br&gt; Do not take over the counter medications unless instructed by Surgeon.&lt;br&gt; Shower the night before or morning of surgery and wear freshly laundered clothing.&lt;br&gt; <strong>Do not eat for 8 hours before your surgery.</strong> Before 8 hours limit your meal to dry toast (no butter) and jelly. You may drink water, clear sports drinks (ie Gatorade) and coffee (no creamer) until 4 hours before your surgery.&lt;br&gt; <strong>For your safety, if you do not follow these instructions your surgery may be cancelled.</strong></td>
<td><strong>Arrive on time</strong>&lt;br&gt; Brush your teeth (do not swallow any water).&lt;br&gt; <strong>Do Not</strong> wear makeup.&lt;br&gt; We encourage family members to remain in the facility during your procedure.&lt;br&gt; Please remove all jewelry including rings and body piercings.&lt;br&gt; Wear loose fitting clothing.&lt;br&gt; Take your heart and/or blood pressure medications (except ACE inhibitors such as Lisinopril) and seizure medication with a small sip of water the morning of surgery before 6:00 am.&lt;br&gt; <strong>Bring the following items:</strong>&lt;br&gt; Eye drops, Glasses, contacts, hearing aids (with cases) Inhalers, CPAP, dentures, and prostheses. Insurance card Drivers License/Photo ID Phone numbers and name of adult who will be bringing you home. Method of payment for any co-payments.&lt;br&gt; Do not bring valuables to the surgery center.</td>
<td>Your nurse will go through your preparation process with you.&lt;br&gt; You will be asked to sign consent forms. Make sure you understand your surgical procedure, and we have answered all your questions.&lt;br&gt; You will be asked to change into a hospital gown from the waist up.&lt;br&gt; We will check your blood pressure, heart rate, pulse and temperature prior to surgery.&lt;br&gt; We will place an IV catheter into your hand, wrist or arm. We will use this IV to give you medication and fluids during your surgery.&lt;br&gt; You will meet with an Anesthesiologist and discuss an anesthesia plan for your procedure.&lt;br&gt; You will meet your Operating Room Team.&lt;br&gt; Before your surgery you will have the opportunity to talk with your surgeon to ask any questions you may have regarding the procedure. Your Surgeon will also mark your surgical site. <strong>This is a safety precaution.</strong>&lt;br&gt; You may be asked the same questions many times. We do this to ensure your safety. Please speak up if anything doesn’t seem right.</td>
</tr>
<tr>
<td><strong>Physical Exam:</strong> Have a physical exam within 30 days of your procedure. <strong>Physicals must be updated if greater than 30 days old.</strong> Please try to have this done at least one week prior to your procedure. Please bring a copy with you and have your Doctor fax the physical to: 952-232-1115.</td>
<td><strong>Pre-Procedure Tests:</strong> Complete pre-procedure testing (Lab, EKG) as instructed by your primary doctor. Potassium level will be needed if you are on a diuretic. EKG will be needed if you have a history of heart problems or heart irregularities. If you have had further testing on your heart, please provide us with the name, date, location and phone numbers of the providers who performed these tests.</td>
<td><strong>Medication:</strong> If you are on an ACE inhibitor (i.e. Lisinopril). Please hold the day of surgery. If you are on Coumadin (Warfarin) hold the day of surgery.</td>
<td><strong>Call your insurance company.</strong>&lt;br&gt; If you have an Advanced Directive please bring a copy with you on the day of your surgery.</td>
</tr>
<tr>
<td><strong>Care Arrangements:</strong> Make arrangements for an adult (over the age of 18) to drive you home and stay with you for 24 hours after your procedure. Failure to have a driver or caretaker will result in rescheduling of your surgery.</td>
<td><strong>Call your insurance company.</strong>&lt;br&gt; If you have an Advanced Directive please bring a copy with you on the day of your surgery.</td>
<td><strong>Method of payment for any co-payments.</strong>&lt;br&gt; Do not bring valuables to the surgery center.</td>
<td><strong>Do Not</strong> smoke or drink alcohol for 24hrs before and after surgery.&lt;br&gt; Do not take over the counter medications unless instructed by Surgeon.&lt;br&gt; Shower the night before or morning of surgery and wear freshly laundered clothing.&lt;br&gt; <strong>Do not eat for 8 hours before your surgery.</strong> Before 8 hours limit your meal to dry toast (no butter) and jelly. You may drink water, clear sports drinks (ie Gatorade) and coffee (no creamer) until 4 hours before your surgery.&lt;br&gt; <strong>For your safety, if you do not follow these instructions your surgery may be cancelled.</strong></td>
</tr>
</tbody>
</table>
### Operating Room
- The rooms are kept cool. Warm blankets are available to you. We will make you as comfortable as possible during your surgery.
- We will put a blood pressure cuff and an oxygen monitor on you. We may place pads on your chest to monitor how your heart is functioning throughout the surgery.
- A “Time Out” will be performed in the room, before the surgery. The entire surgery team will pause and review your name, procedure, surgical site, surgeon’s name, and allergies. If you are awake, listen carefully to what is said. Speak up if anything doesn’t seem right.

### Post Anesthesia Care Unit
- This is the recovery area you will come to immediately following your surgery.
- The Nurses will recheck your blood pressure, heart rate, pulse and temperature and review your discharge instructions with your family.
- Your nurses will ask your pain level. You will be asked to rate your pain from 0 (no pain) to 10(severe pain). Pain medication will be given as ordered by your doctor.
- Tell your nurse if you feel cold, have pain, or feel sick to your stomach. Your Nurse can give you medications to help with your symptoms.
- Ask about Safe Injection Practices. Remember: One needle, One Syringe, only One time.

### Infection Control
- Please ask everyone that comes in contact with you, nurses, doctors and visitors to wash their hands to reduce your exposure to germs.
- Please alert us before your surgery if you have a fever, MRSA, or any recently diagnosed communicable disease or infection.
- Wash or sanitize your hands often. Especially before and after instilling your eye drops.
- Contact your surgeon if you develop signs/symptoms of infection. These signs may include: Redness, pain, heat or swelling at the surgical site, drainage from eye the surgical site that is yellow or green, and fever.
- Smoking reduces your body’s ability to heal and may contribute to infection. If you smoke, abstain from smoking for as long as possible before and after your surgery.
- Uncontrolled blood sugar can contribute to infection. Speak with your physician if you do not have good control over your blood sugar.

### Pain Management
- It is normal to have burning and watering eyes after surgery. This may be relieved by over the counter pain relievers or a cool washcloth placed gently over the eye.
- Notify your surgeon if you have sharp constant pain in your eye.

### Additional Information
- For the first 24 hours following surgery, do not engage in strenuous activities, drink any alcohol beverages, drive, or make critical decisions.
- You must have a responsible adult with you for 24 hours following your procedure. *This applies to any procedure where sedation was involved.
- Increase your food choices as tolerated.
- Eat a well balanced meal and drink lots of fluids.
- Take all eye drops as directed. Know what they are for, how to take them, and how often you should take them.
- Resume all prescribed medications.
- Anesthesia may affect your ability to remember things. **Please be sure to review the discharge instruction sheet sent home with you and your caretaker the day after your procedure.