

Pre-Operative Instructions Eye Surgery

Your procedure has been scheduled at Pacific Rim Outpatient Surgery Center (PROSC).

The staff at PROSC will contact you within 1 week of your scheduled procedure to review your health history and discuss these instructions.

Please read over and keep these instructions, as you will be given your surgery time, arrival time, fasting times, and medication guidelines when you are contacted by the staff at PROSC.

Important Information

- **DO NOT EAT OR DRINK AFTER THE TIMES INDICATED AND HAVE AN ESCORT AVAILABLE TO GIVE YOU A RIDE HOME AFTER DISCHARGE OR YOUR SURGERY WILL BE CANCELLED**
- We require that a responsible adult stay with you at home for the first 24 hours after surgery.
- Patients under 18 years of age MUST have a parent or legal guardian remain on site at all times.

Covid Testing Pre-operatively

- **ALL PATIENTS are required to obtain a covid test 12-72 hours before their scheduled surgery date**
- **Please call, or go online to schedule an appointment at Northwest Labs for your pre-op covid test**
Located at 3548 Meridian Street Suite 101 Bellingham, WA 98225
(360)527-4580 OR nwlaboratory.com

Surgery Day/ Date: _____ Surgery Time: _____
(*surgery times are approximate)

Arrival Time:

Fasting Guidelines

- No food, milk, gum, or candy **8 hours** prior to surgery check-in.

STOP EATING @:

- You may have 8-12 ounces of **clear** liquids up to **3 hours** before you check-in for surgery.
Clear liquids include Water, Cranberry Juice, Apple Juice, Black Coffee, Black Tea, or Soda Pop.
NO milk or juice with pulp.

STOP DRINKING CLEAR LIQUIDS @:

Medication Guidelines

- You may take your morning medications with a sip of water unless otherwise instructed.
- Talk with your surgeon regarding any Blood Thinning medications (Coumadin, Plavix etc.)

For patients with Diabetes

The nurse will provide you with a chart for specific instructions regarding your diabetic medications

Skin Care

- Take a bath or shower **the morning of surgery** using a fresh bar or liquid antibacterial soap.
- **Do NOT** use lotion, cream, or powder on your face after bathing.
- **Do NOT** wear make-up, perfume, or hair products.

Day of Surgery

- Please bring your photo ID and insurance card(s) & pre-payment (if requested)
- Please have your escort stay on site during your procedure.
- Park only in “Pacific Rim Outpatient Surgery Center” spaces on levels A (top floor) or B (patient discharge).
- You may brush your teeth, or rinse your mouth with water, but do not swallow any water.
- Bring eye drops, and respiratory inhalers if you use them.
- Wear a short sleeve shirt with a loose neck line (examples: V-neck, button-up) without an undershirt.
- Please remove all necklaces, bracelets, and earrings prior to arrival. Rings may stay on.

After Surgery

- You will be taken to the Recovery Area after your procedure where typically patients stay for less than 30 minutes.
- Prior to discharge you will be provided a small snack.
- The nurse in the Recovery Area will discuss post-operative care instructions with you and your escort, and provide the instructions to you in writing to take home.
- Generally **Tylenol** is sufficient for pain control post-operatively.
- There are no food restrictions after your procedure, though we suggest a bland, easy to digest diet, and ample fluids.
- Have **paper tape** available to you at home, if not already provided by your surgeon (you can purchase this at any drugstore).
- We require that a responsible adult stay will with you for the first 24 hours after surgery.

*If you have any questions regarding these instructions please call your surgeon's office
or Pacific Rim Outpatient Surgery Center*

360-788-7740