



THE AESTHETIC CENTER

BEFORE SURGERY INSTRUCTIONS

Dr. Nicole Langelier

To prepare for surgery, it is important that you:

1. Have your physical examination with within 30 days of your surgery.

*****IF YOU DO NOT HAVE YOUR PHYSICAL, WE CANNOT DO YOUR SURGERY*****

Please schedule your physical after: _____

Take the yellow form to this appointment. Your provider will complete the form & fax it back to VEI.

2. Discontinue all blood thinners **only** if directed to do so (See Medication Advisement Sheet).

3. ***Eliminate alcohol*** 1 week prior to surgery

4. Please **do not eat or drink anything after midnight** the morning of your surgery.

***** IF YOU EAT OR DRINK ANYTHING AFTER MIDNIGHT,
WE MAY NOT BE ABLE TO DO YOUR SURGERY*****

5. Please arrange to have someone who can drive you to surgery, stay at VEI during your surgery, and drive you home after surgery. You can NOT drive yourself home. **If you do not have a driver, we cannot do your surgery.**
6. Please arrange to have someone stay with you the first day and night after your surgery. **You cannot have surgery if you don't have someone who can stay with you the first day/night after surgery.**
7. A nurse from the surgery center will call you a day or two prior to surgery with more specific instructions on how to take your medications the day of surgery. If you have asthma, please use your inhaler the morning of surgery and bring it to surgery with you. If you are diabetic and using insulin, please consult your PCP regarding the use of insulin on the day of surgery.
8. Wear loose fitting clothing with a shirt that buttons down the front; no t-shirts or undershirts. Do not wear makeup or lotion on your face. Leave your jewelry and other valuables at home.
9. Bring a medication list that includes the name and dosage of your medications.
10. Bring your insurance card and a photo ID.
11. Do not bring small children with you; please make arrangements for them.

12. If you have had a CT or MRI scan, please bring the scan with you on the day of your surgery.
13. Bring any medications prescribed by Dr. Langelier with you on the day of surgery. (**Called into pharmacy 3-5 days prior to surgery**)
14. If you develop any signs of infection or sores the week before surgery, please notify us.
15. If you plan to use goggles, you must purchase them in advance of your surgery. If you plan to use frozen peas/ice packs, please prepare them ahead of time (see post-operative instructions for details).
16. **PLEASE OBTAIN SUPPLIES NEEDED FOR HOME USE AFTER SURGERY**
 - Please fill the medication prescription(s) provided.
 - Over the counter Extra Strength Tylenol (acetaminophen 500mg tabs)
 - 1 gallon of distilled water
 - Vaseline
 - If you are having laser resurfacing, please obtain distilled white vinegar
 - Frozen bag of peas or goggles
 - Zip-lock sandwich bags
 - Clean washcloth and towel (that you don't mind getting dirty)
 - Extra Pillows
 - Q-tips to apply ointment
 - Thermometer

DAY OF SURGERY

1. When you are called into the pre-op surgery area, we will measure your blood pressure and pulse. You will receive an IV prior to the procedure that will deliver a sedative to your body to help you relax. Once in the operating room, you will lay comfortably flat with a pillow under your head and knees. We will monitor your EKG, blood pressure, pulse, and oxygen levels during your procedure.
2. After your surgery, you will return to the recovery area. You will be able to go home in approximately 30 minutes after the procedure. **DO NOT** plan to drive or sign legal documents for 48 hours. Please arrange for a driver to drive you to and from VEI on the day of surgery. We also ask that this person stay on-site during the procedure in the event that a question arises.

We, the staff of Virginia Eye Institute, are striving to ensure that your surgical experience is a pleasant one. Please feel free to contact your doctor, doctor's staff, or surgical coordinator if you have any questions.