



THE AESTHETIC CENTER

Before Surgery Instructions

Dr. William H. Bearden

To prepare for your surgery, it is important that you:

1. Have your physical examination with your Primary Care Physician (PCP) **within 30 days of your surgery**. If you develop any signs of infection or sores the week before surgery, please notify us.

*****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 PCP 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. Follow these eating/drinking instructions on the morning of your surgery:
***** NOTHING TO EAT OR DRINK AFTER MIDNIGHT. *****
4. **A nurse from the surgery center will call a day or two prior to surgery date with your arrival time and more specific instructions on how to take your medications the day of surgery**. If you are asthmatic, 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 your insulin on the day of 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 surgery. **You cannot have surgery if you don't have someone who can stay with you the first day/night after surgery.**
7. Wear loose fitting clothing with a shirt that buttons down the front; no t-shirts or undershirt. Do not wear pantyhose or girdles. Do not wear make-up or lotion on your face. Leave your jewelry and other valuables at home.
8. Bring a medication list that includes the dosage, insurance cards and photo ID.
9. Do not bring small children with you; please make arrangements for them.
10. 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).
11. **PLEASE OBTAIN SUPPLIES NEEDED FOR HOME USE AFTER SURGERY**
 - Please fill the medication prescription(s) provided. **(Called into pharmacy 3-5 days prior to surgery)**

- Over the counter Extra Strength Tylenol (acetaminophen 500mg tabs)
- Vaseline
- Goggles or frozen bag of peas
- Zip-lock sandwich bags
- Large bag of rice
- Clean tube (long) sock (to fill with rice)

Please be aware that we require a minimum of two weeks' notice if you need to reschedule your surgery.

When called into the in pre-op surgery area, we will measure your blood pressure and pulse. You will receive an IV prior to the procedure that will deliver medication to help you relax. You will lie comfortably flat with a pillow under your head and knees with sterile paper sheets loosely tented over your face during the procedure. It will be necessary for you to lie quiet and still during the surgery. We will monitor your EKG, blood pressure, pulse and oxygen levels during the procedure.

After 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, consume alcohol, or sign legal documents for 48 hours.

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.