Preoperative Outpatient Ophthalmology Instructions

Food and Liquid Intake:
~You may have the following up to 6 hours prior to the arrival time:
Toast – (Dry or with jam or jelly) – NO BUTTER; Jell –O (Plain) – NO FRUIT
You may have a total of 8 ounces of the following: Bouillon, Apple Juice, Ginger Ale, Tea or Coffee with artificial or non-dairy creamer – NO REAL CREAM OR MILK

Medications:
~Regular medications may be taken as usual with sips of water at least 2 hours prior to the arrival time, with the following exceptions:
~Diabetic patients should not take their diabetes medications the morning of their procedure.
~Do not take fluid pills / diuretics the morning of the procedure.
~Patients who have asthma should bring emergency inhalers with them.

Alcohol and Tobacco:
~No Alcoholic Beverages 24 hours prior to your procedure. Do not smoke the day of your procedure.

Other Important Information:
~You must have someone drive you home after your procedure. Your procedure will be cancelled if you do not have someone to drive you home. You may not leave in a taxi unless accompanied by an adult (other than the taxi driver).
~We strongly recommend that you have someone stay with you for the first 24 hours following your procedure.
~Parents/Legal guardians of minor patients must remain in the building until the patient is discharged.
~Family members should remain in the building if they wish to speak to the surgeon post-operatively.
~Only 2 adult visitors per patient. Do not bring children.
~Do not wear jewelry or bring other valuables with you. Wear loose clothing over your operative site (i.e. large button-down shirt for hand, arm or shoulder surgery.)
~Do not wear nail polish or eye makeup/ mascara.