



KAISER PERMANENTE®

**Ratthalli R. Sudesh, MD.**

Oculoplastics, Orbit and Neuro ophthalmology.

**Pre-operative Instructions for Oculoplastic and Orbital Surgery**

**Patient Name:** \_\_\_\_\_ **MR#** \_\_\_\_\_

**Please arrive on:** \_\_\_\_\_ **at** \_\_\_\_\_ **am/pm**

**Eye Surgery Center, 4<sup>th</sup> Floor Dept 494  
Kaiser Permanente At Homestead  
710 Lawrence Expressway  
Santa Clara, CA 95051  
408-851-4140**

Advances in medicine have made it possible to have your type of operation without staying in the hospital most of the time. Your doctor will advise you if there is a need for hospital stay overnight. The Eye Surgery Center is equipped and professionally staffed to provide the highest quality of care.

The information in this letter will help you to prepare for your operation. You may find it helpful to have a family member or friend read this information with you. The Eye Surgery Center is designed to make your surgical experience and recovery period as smooth as possible.

**Day of Surgery**

Come to the Eye Surgery Center with your Kaiser card, Social Security Number, photo ID, MediCal/Medicare card and enough money to pay the registration fee. Please arrive at the reception area at the time marked on the front of this form.

You will be going home approximately 30 minutes after your surgery. You can expect to be at the center for 2 to 4 hours, depending on the type of surgery. You **must not** plan on driving yourself home after surgery. Medications may cause drowsiness which will make it unsafe for you to drive. Also, you will not be allowed to be taken home in a Taxi by yourself, especially if you have had any sedation for the surgery. If your ride cannot wait for you, we will call your ride when you are ready to leave. You may prefer to have someone stay with you overnight the day of your surgery, but it is not mandatory.

## **Ten things to do before surgery**

1. **Do not eat or drink anything starting the night before surgery.** Absolutely follow this rule. Surgery will be cancelled if this is not followed.
2. **You need to have a ride back home after surgery.** Please arrange this in advance. You will not be allowed to drive home on your own or take a taxi home after surgery.
3. Usually all medicines taken by mouth need to be stopped on the morning of the surgery. This also includes vitamins and supplements. Only exceptions are medicines used to treat high blood pressure, which may be taken with a sip of water. Diabetics should omit their morning dose of Insulin or oral Diabetic medicines as well. If you are not clear about this please have it clarified at your pre op visit or call my surgical scheduler. Bring your inhalers and insulin with you to the surgery center on the day of surgery.
4. All blood thinners- aspirin or aspirin like medicines need to be stopped at least 10 days before surgery. Surgery will be cancelled if this is not done, as the risk of bleeding will be significant. Many, many medicines contain Aspirin like substances. Many herbal medicines also thin your blood, as does Vitamin E. If you are not sure about this, please consult our pharmacist. If you take Coumadin, please stop it 5 days before surgery and restart it 5 days after the surgery. You need to have a PT/INR done the day before surgery if you are taking coumadin. You also need to get the OK to stop coumadin from the coumadin clinic. They are the people who monitor it for you and will be able to advice you if it is OK to stop it.
5. Have a shower the morning of surgery, teeth may be brushed, do not apply make up, and wear loose comfortable clothes. If you need glasses to see, please bring them to the surgery center, if you use contact lens, you will need to remove them before surgery. Please wear your hearing aid or dentures if you have any.
6. Medicines to be used after the surgery, are usually prescribed and dispensed at the time of pre op visit. They are available to be collected at the designated pharmacy. Instructions are also printed on the prescriptions and will be reinforced by the nurses after surgery. Please follow them accordingly. Clarify doubts with the pharmacist if necessary.
7. Informed Consent for surgery is obtained at the pre op visit. Please clarify all your doubts at the visit. If you have forgotten something or have a new question, you can have it clarified before the surgery, when the surgeon will see you in the pre op area. Information about the surgical procedure is usually available on the surgeons website as well.
8. **You may need to pay a co-pay for the surgery.** You can find out about this from my surgical scheduler.
9. You will have post op appointments scheduled. Please be sure that the dates are acceptable to you before the surgery. If you want changes, please talk to my scheduler.
10. Last but not least, try to relax. Being nervous is natural. We do have suggestions to help you relax, including a class. Ask my assistant about this.

## **After Your Operation**

You will be brought to the Post Anesthesia Care Unit. When you have sufficiently recovered from surgery, your ride may join you. When ready to leave, a nurse will help you change into your clothes. Post operative instructions will be given and then you will be discharged.

After your surgery, you will need to see your doctor at,

### **Kaiser Santa Clara Homestead 4<sup>th</sup> Floor, Department #490**

The following are your **post-op appointments**:

- ◆ 1<sup>st</sup> post-operative appointment: \_\_\_\_\_ at \_\_\_\_\_ am/pm.
- ◆ 2<sup>nd</sup> post-operative appointment: \_\_\_\_\_ at \_\_\_\_\_ am/pm.

If you have any questions or if you develop a cold, sore throat, fever or any other illness – please call:

- ◆ Surgery Scheduler at 408-851-4016
- ◆ Eye Surgery Center at 408-851-4140

That's it, take care and thrive !!!