

Miriah Teeter, M.D.

BEFORE YOUR RETINAL SURGERY

Instructions for Patients

Preparing for Your Surgery:

1. **DO NOT EAT ANYTHING FOR EIGHT HOURS PRIOR TO SURGERY.** Prescription medication may be taken with a small amount of water. If you are diabetic, ask your doctor how much insulin to take the morning of your surgery.
2. Do not take aspirin, Advil, Motrin, Naprosyn, ibuprofen, Plavix, Celebrex, Vioxx, Vitamin E, Ginko Baloba, Ginseng, St. John's Wort, or Kava for 2 weeks prior to surgery. **IF YOU TAKE COUMADIN, BE SURE TO TALK TO YOUR DOCTOR AND DR. TEETER ABOUT STOPPING IT.**
3. Before you come to surgery, always arrange for a responsible adult to give you a ride home and be with you for the first day. **THIS IS VERY IMPORTANT.**
4. Wear casual, loose-fitting clothing. A shirt or blouse that buttons is best.
5. Do not wear contact lenses, make-up, nail polish, or jewelry. Please wash your face and do not wear make-up. Please leave your valuables at home.
6. If directed, use antibiotics as prescribed by your doctor (for example, patients with artificial hips, heart valves, or history of rheumatic fever).
7. Go through the main entrance of Porter Adventist Hospital directly to the admissions desk on the day of surgery.

IMPORTANT PHONE NUMBERS:

Mindy (surgery scheduler).....(303) 225-8143
Porter Adventist Hospital.....(303) 778-5753
Dr. Teeter's pager.....(303) 201-0500
Omni Eye Specialists.....(303) 377-2020

What to expect during surgery:

1. After changing into a hospital gown, cap, and slippers, you will sit in a reclining chair. A nurse will put heart, blood pressure, and oxygen monitors on you.
2. An IV will be placed in your hand. After talking to your anesthesiologist, you will be given medication to help you relax.
3. You will be taken to the operating room.
4. You will be given more medication to make you relax.
5. A local anesthetic will be injected around your eye.

What to expect after surgery:

1. After the operation you will be wheeled back to the recovery room.
2. Following your surgery, you will be given something to drink and allowed to rest for a while before you are discharged.
3. Your post-operative instructions will be reviewed to ensure a safe and comfortable recovery.
4. Before you leave, you will be given an appointment with your doctor for a follow-up visit.

NPO GUIDELINES FOR PORTER HOSPITAL

Adults and children over age 2:

STOP solid food at midnight (night before surgery), or eight hours prior to surgery

You may have **CLEAR LIQUIDS** up to 4 hours before surgery.

Clear liquids are limited to the following:

Water
Sprite/7-UP
Apple Juice/Cranberry Juice
Tea/Coffee **WITHOUT CREAM OR SUGAR**

MEDICATION GUIDELINES

No aspirin, Advil, Motrin, Naprosyn, ibuprofen, Plavix, Celebrex, Vioxx, Vitamin E, Ginko Baloba, Ginseng, St. John's Wort, or Kava for **2 WEEKS PRIOR TO SURGERY.**

IF YOU TAKE COUMADIN, WARFARIN, OR ANY OTHER BLOOD THINNERS, PLEASE SPEAK WITH YOUR DOCTOR AND DR. TEETER ABOUT STOPPING IT PRIOR TO SURGERY.

A RESPONSIBLE ADULT MUST ACCOMPANY YOU ON THE DAY OF SURGERY

Patients who do not follow these guidelines may have their surgery postponed or cancelled!