

Eye Surgery: What You Need to Know



Allina Health

**PHILLIPS EYE
INSTITUTE**

*A department of
Abbott Northwestern Hospital*

Your Surgery

Day and date: _____

Arrival time: _____ a.m. / p.m.

Surgery time: _____ a.m. / p.m.

Surgeon: _____

Phone number: _____

Phone Numbers

- Call your surgeon if you have a change in your health or if you feel ill.
- Call your primary care provider if you have questions about your medicines.
- Call 612-863-5068 Monday through Friday, 8 a.m. to 7 p.m. if you have any questions about your surgery.
- Call 612-863-5550 if you need driving directions.
- Call 612-262-9000 if you have questions about billing or financial assistance.

Online Resources

- allinahealth.org/billing
- allinahealth.org/abbottnorthwestern
 - Go to *Services* and click on *Surgical Services* for surgery information.
 - Click on *Maps & Directions* for driving directions to Abbott Northwestern Hospital.

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Calls You Will or May Receive

You will receive calls from Abbott Northwestern Hospital and Allina Health before your surgery.

It is important to answer calls or return voice mails to keep your surgery from being delayed or canceled.



- A nurse may call you during the week before surgery to go over how to prepare for surgery.
- A member of the pre-anesthesia screening team will call you 1 to 3 days before your surgery. They will review your health history, give you directions, and answer any questions.
- A member of the admissions department or pre-registration team may call you to verify insurance and get you registered.

Call Your Insurance Provider

- Call your insurance provider to ask:
 - what your plan covers
 - if you need a referral and how to get one if you need it
 - if your service is in-network or out-of-network
 - how much your plan will pay
 - how much you need to pay (out-of-pocket).

Before Surgery

Meet with your primary care provider

- ❑ Schedule a visit with your primary care provider for a pre-surgery physical exam.
 - Have your physical exam done within 30 days before your surgery. (Your surgery may be delayed or canceled if your exam is not done.)
 - You may be asked to bring your health history and physical exam results with you to the hospital on your day of surgery.
- ❑ Ask your primary care provider about your medicines. Ask:
 - when to take your medicines the morning of surgery
 - if you should stop taking any prescription or over-the-counter medicines before surgery
 - when you can resume taking your regular medicines after surgery



Important: If you have diabetes or take blood thinners such as warfarin (Jantoven[®]), ask your primary care provider about taking your medicine before surgery.

Arrange for help before and after surgery

Plan to have a responsible adult:

- drive* you to the hospital
- be with you at the hospital when you are ready to leave (discharge)
- listen to and understand your After Visit Summary (discharge instructions for care at home)
- drive* you home
- stay with you for 24 hours after surgery.



*You can use a ride-sharing service or public transportation as long as an adult you trust goes with you.

Food and Liquid Directions Before Your Procedure

These directions are based on your scheduled arrival time. Not following these directions could mean your procedure will be delayed or canceled.

Alcohol and tobacco: 24 hours

- Do not drink any alcohol 24 hours before your scheduled arrival time.
- Do not smoke, vape, use chewing tobacco or use any other tobacco products up to 24 hours before your scheduled arrival time.

Regular foods: 8 hours

- Eat your regular foods up to 8 hours before your scheduled arrival time.

Light solid foods: 6 hours

- You may eat light solid foods up to 6 hours before your scheduled arrival time. A light meal is:
 - juice or coffee with milk or cream
 - 1 piece of toast **or** 1 bowl of oatmeal or hot cereal.
- Do not eat any nuts or nut butters.
- Do not eat foods that are heavy or high in fat such as meat or fried foods.

Clear liquids: 2 hours

- Drink only clear liquids up to 2 hours before your scheduled arrival time.
 - Drink water, fruit juice without pulp, black coffee, clear pop or tea.
 - Do not have milk, yogurt or energy drinks.

Medicines

- Take your medicines as directed with a small sip of water.

Guidelines for babies

- **6 hours** before the scheduled arrival time
 - you may give formula.
- **4 hours** before the scheduled arrival time
 - you may give breastmilk.

Day of Surgery

What to bring to the hospital

Bring the following to the hospital:



- paperwork (such as your health history and physical exam results)
- your health care directive or POLST
- your insurance card, Medicare card (if you have one) and pharmacy card
- a photo ID
- a device card if you have an implanted pacemaker or defibrillator
- the controller or device if you have any other implanted device or pump (to turn the unit on or off)
- your CPAP machine (if you use one)
- glasses (if you wear them)
- a container for glasses or hearing aids (if you wear them)
- a list of your medicines and when you took your last doses (include prescription medicines, over-the-counter medicines, herbals, vitamins and supplements).

What not to bring to the hospital

- Do not bring any valuables (such as a laptop, electronic items, purse or wallet).
- Do not wear any jewelry (such as rings, a watch or body piercings).
- Do not bring any credit cards or money.



What to wear to surgery

- Wear loose-fitting clothing and comfortable shoes. (You will wear a hospital gown for your surgery.)
- Wear your glasses, hearing aids or both (if you use them).



What not to wear to surgery

- Do not wear mascara for 2 days before surgery.
- Do not wear any make-up (including foundation, powder or eye shadow).
- Do not shave any area of your face.
- Do not put any lotions, creams, powders, oils or other products on your body or in your hair.
- Do not wear contact lenses.



When You Arrive at the Hospital

Your safety

You will be asked many times during your visit to verify your name and birth date. You may also be asked to give details about your surgery. These questions are being asked for your safety.

Check in

- Check in at Piper Building lobby on time.
- You get registered and escorted to the Preoperative Care Center.

Surgery prep

- Your care circle member(s) will go to the waiting room.
- You will change your clothes and wear a hospital gown.
- You will meet with a nurse, your surgeon, your anesthesiologist and other members of the surgery team.
- Your health care team will:
 - connect your heart and blood pressure monitors
 - start an intravenous (IV) line in your hand or arm. You will receive medicine in your IV line to relax you. You may also have a local anesthesia injected at the surgery site to numb the eye muscles.

Surgery

- You will be brought back to the operating room.
- Your care circle member(s) will be updated on your surgery.

Recovery

- After surgery, you will be taken to the recovery area.
- Your nurse will:
 - check your heart, blood pressure and temperature
 - ask you to rate your pain
 - talk with you about pain relief and help make you as comfortable as possible
 - offer you a snack and drink
 - remove your intravenous (IV) line
 - review your After Visit Summary (discharge instructions for care at home) with you and your care circle member(s).
- You will change back into your clothes.

After Surgery

Anesthesia and sedation

- You received medicine (anesthesia, sedation or both) that made you sleepy. This will affect your ability to think clearly and make good decisions.
- For your safety, you will need a responsible adult to drive you home and to stay with you for 24 hours.
- For 24 hours:
 - Do not drive or use any machinery.
 - Do not make important decisions.
 - Do not drink alcohol. (It is also important to not drink alcohol as long as you are taking prescription pain medicine.)

How to manage your pain

Your comfort and safety are important to your health care team. Tell a member of your team if you feel any pain or discomfort. This includes pressure, tingling, burning, or other feelings.

Your doctor or health care team will give you directions for managing your pain at home.

After Visit Summary

Please follow the directions in your After Visit Summary and keep all follow-up appointments.

Getting to the Piper Building at Abbott Northwestern Hospital

Directions

The Piper Building at Abbott Northwestern Hospital is located at 913 E. 26th St., Minneapolis, MN 55407.

- Visit allinahealth.org/abbottnorthwestern to view the map and directions online.
- Call the directions hotline at 612-863-5550 to get driving instructions by phone.



Parking

- There is a small outdoor lot, street parking, and valet parking near the Piper Building. (This is the closest parking option.)
- The main parking ramp is located next to the Heart Hospital on the main campus. You can walk inside the hospital to the Piper Building.

Where to enter

The Preoperative Care Center is in the Piper Building.



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