



STANFORD HOSPITAL & CLINICS

DEPARTMENT OF OPHTHALMOLOGY
BYERS EYE INSTITUTE AT STANFORD
OPHTHALMIC PLASTIC & RECONSTRUCTIVE SURGERY

PRE-OPERATIVE INSTRUCTIONS

Medical Clearance

Please call your primary care physician to set up an appointment for your medical clearance and have your physician fill out a History & Physical form. This form should be completed within 30 days of your surgery date. Please have the doctor's office fax a copy of the form to Dolores at (650)723-8555. This should be done prior to your pre-operative surgery date if possible.

Fasting

The night before surgery, you may have dinner like normal but nothing to eat or drink after midnight. After midnight on the night prior to surgery, **DO NOT CONSUME:**

Candy, Chewing Gum or Mints, Alcohol, Food of any kind

On the day of your surgery, you may drink perfectly clear fluids up to four (4) hours before your surgery.

Clear fluids include:

Water, Sports Drinks (Gatorade, Powerade), Juices without pulp (Apple, Cranberry, Grape),
Black Coffee or Clear Tea (NO Milk), Carbonated Beverages (Ginger Ale, Root Beer, Coke)

If you do not follow these fasting guidelines and you eat or drink too close to your surgery start time, your surgery will need to be re-scheduled.

Day of Surgery

If you are taking blood pressure, heart, acid reflux, or seizure medications that are normally taken in the morning, take it with a small sip of water only.

Please bring a complete list of your home medications and supplements with you on the day of your surgery. Someone will need to accompany you home after your surgery. You will not be able to take a bus or taxi home by yourself due to the anesthesia you will receive.

Medication, No Blood Thinners

Do not take Aspirin, Aspirin containing products, fish oil, vitamin E or other blood thinning medications or supplements 14 days prior to your surgery. Other blood thinners include: Warfarin/Coumadin, Plavix, or Pradaxa, please discuss these medications specifically with your nurse or doctor. If you forget to stop taking a supplement or medication, we would be happy to reschedule your surgery to a date when it is safer for you.

* Please consult with your primary care physician on discontinuation of blood thinning medications prior to surgery if you have been advised to take them for medical reasons.

* All blood thinners should be held for one (1) week after surgery, unless otherwise stated.

Useful Phone Numbers

Byers Eye Institute	650-723-6995
Dolores, Surgery Coordinator	650-725-1537
Oculoplastics Nurse	650-497-7724
EMERGENCY ONLY after 5PM	650-723-6661

*Ask for the eye resident on and state that you are having eye surgery