



IN OFFICE PROCEDURE PRE-OPERATIVE INSTRUCTIONS

- We will call in two sedative prescriptions for you at your pharmacy. We will call in Valium and Ativan. There will be two tablets of each. You will take one of each sedative 90 minutes prior to your appointment time. Bring the other two tablets with you to your procedure.
- You will also have an antibiotic eye ointment that you will start after surgery.
- You will need to bring someone with you to drive you home from your surgery. You are not allowed to use a taxi/Uber/or bus.
*If you have taken sedatives, we strongly recommend someone else stay with you through the night.
- If you take anticoagulants such as Aspirin, Warfarin, Coumadin, Plavix, Heparin, Ticlid, or Lovenox, your primary care physician must be consulted before discontinuing. Please reach out to their office regarding any instructions as to whether continue or discontinue the medications.
- **Stop** all Herbal Medications, Fish Oil, Vitamin E, Diet Pills, Multivitamins, and NSAIDS such as Ibuprofen, Advil, Nuprin, Aleve, Naprosyn or Naproxen 14 days prior to surgery.
- **Stop** eating fish 14 days prior to your procedure date due to the high omega-3 content.
- You can eat and drink like normal on the day of your procedure, although we do recommend something light.
- You may bathe, shower, and brush your teeth as usual on the day of your procedure.
- **DO NOT** wear makeup or contacts to your procedure.
- You will have the opportunity to talk to your doctor before the procedure begins to review any questions or concerns. Please give us a call if you have any questions or concerns prior to your procedure.