

Prior to the your surgery date

- ✓ **Medical clearance:** Medical clearance, including a complete “history and physical” is required prior to surgery. Please make arrangements to see your medical doctor in advance of your scheduled surgery date. The medical clearance paperwork to be completed by your medical doctor will be given to you by your surgeon’s office. The paperwork should be faxed to the center at least 1 week prior to your surgery date. Fax # 201-398-9132

Please note: The history and physical expires after 30 days.

- ✓ **Medication:** Please take all medications as prescribed by your physician, including anticoagulants, (blood thinners and aspirins) unless instructed otherwise by your medical doctor.

The day of surgery

- ✓ **Medication:** Please continue taking take all medications as directed by your medical doctor except insulin or oral diabetes medications.

Please bring a list of the medications you take, including the name, strength and time(s) you take the medication to the surgery center.

- ✓ **Nourishment:** Please refrain from eating or drinking 6 hours prior to surgery (you may have a sip of water to help you swallow any pill medication(s) that you take.)

If you have diabetes, please take your blood sugar and carry a snack or juice in case your blood sugar becomes low.

- ✓ **Clothing:** Please wear loose fitting clothing, a button front shirt and comfortable shoes. Please do not wear pantyhose, makeup, or nail polish.

- ✓ **Please bring the following items with you to the center:**

- ≈ Insurance card(s)
- ≈ Advanced Directive or Living Will
- ≈ Power of Attorney

Please leave your valuables home. A locker will be provided to secure your necessary items.

- ✓ **Upon arrival at the surgery center:**

- ≈ The receptionist will welcome you for check-in and assist with the necessary paperwork
- ≈ Eye drops will be administered at different intervals

- ✓ **Expect to be at the center for at least one to four hours.**