

# Capital Eye Consultants

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Cataract and Refractive Surgery

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## PREOPERATIVE INSTRUCTIONS

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY.** The only exception is medication, which you can take with a sip of water on the morning of the surgery.
- **DO NOT TAKE ANY ASPIRIN PRODUCTS, NSAID, OR VITAMIN E** for two weeks prior to or after surgery unless specifically instructed by your surgeon (this includes Advil, Aleve, Ecotrin, Nuprin, Motrin, Bufferin, or Anacin). You may take acetaminophen (Tylenol) for pain and fever.
- If you are taking blood thinners (such as Coumadin) or if you are diabetic, you must consult your primary care physician for instructions concerning use of those medications prior to your procedure.
- The day of surgery, wash your face thoroughly. Please **DO NOT** apply any makeup or moisturizer. Do not wear jewelry. Wear loose and comfortable clothing like sweat pants, socks, and sneakers or sturdy shoes. No high heels and no sandals.
- Please have your physical examination (and blood work, if ordered) completed at least 10 days before surgery (but not more than 30 days prior). If you are over 50 years of age, an EKG is required that is within six months of your surgery date.

It is your responsibility to ask that your lab results and EKG be faxed to our office at 703-854-1193 as soon as possible.

- Make sure that you have a relative or a friend drive you home and remain with you for at least 12 hours after surgery.
- If you are required by your surgeon to remain face down after surgery, you can get online ordering information for any supportive equipment from the office prior to your surgery.

If you have any questions or problems, please feel free to call our office at

**703-876-9630**