

PRE-OPERATIVE INSTRUCTIONS

Your surgery is set for _____ . We kindly request that you thoroughly review the Pre-Operative Instructions. If you need any clarification, please contact us at (484)588-2583 or info@heronrocksurgery.com.

In The Time Leading up to Surgery:

- It is essential to discontinue certain medications, vitamins and herbal remedies up to two weeks prior to surgery. *Refer to "List of Medications to Avoid Before and After Surgery" form for details.*
- Prescription blood thinners, such as Coumadin, Plavix, Xarelto, must be discontinued in accordance with the specific instructions provided by the doctor managing your medication. *Please have your doctor complete "Request to Hold Blood Thinner" form and fax it to us as soon as possible.*
- You may begin our recommended *Dietary Supplement Program*. *Refer to attached form for details.*
- You will receive a call on the business day prior to your surgery to confirm the exact time you should arrive at the surgery center.
- If you intend to take the prescribed anti-anxiety medication and/or are undergoing surgery on both eyes, please arrange for a driver to transport you to and from the surgery center.

On The Morning of Surgery:

- Continue taking your blood pressure, heart, and respiratory medications as part of your regular routine unless given different instructions.
- If you have emergency Nitroglycerin or use an Inhaler, bring both with you to the surgery center.
- You may have a light meal and nonalcoholic beverage.
- Wash your face and neck, shampoo your hair, and brush your teeth. Do not apply moisturizer or makeup, and ensure to remove all fake eyelashes/extensions, if applicable.
- Do not wear earrings, necklace, or hair clips. If you have any facial piercings, please remove them.
- Do not wear contact lenses.
- Wear comfortable, loose-fitting clothing. Avoid garments that need to be pulled over the head or anything tight around the ankles.
- If you have been prescribed an anti-anxiety medication (Xanax/Alprazolam/Niravam or Ativan/Lorazepam), you may take one tablet 30 minutes before your procedure. Bring the remaining pills with you to the surgery center.