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**PRE-OPERATIVE INSTRUCTIONS**

Your surgery has been scheduled for \_\_\_\_\_.

Please carefully review the following pre-operative Instructions. If you have any questions or need any clarification, please contact us at (484)588-2583 or [info@heronrocksurgery.com](mailto:info@heronrocksurgery.com).

**Before Your Surgery:**

- ☐ The following forms must be completed, signed, and returned to our office at least one week before surgery:
  - Consent for Operation
  - Medical History Form
  - Terms and Conditions Form
  - Consent for Nitrous Oxide (This form must be signed even if you choose not to use Nitrous Oxide during your procedure)
- ☐ Certain medications, vitamins, supplements, and herbal remedies must be discontinued up to two weeks before surgery. Please refer to the attached "List of Medications to Avoid Before and After Surgery" for details.
- ☐ If you take prescription Aspirin or other prescription blood thinners (such as Coumadin, Plavix, Xarelto, Eliquis, etc.), please have the physician managing your medication complete the "Request to Hold Blood Thinner" form and fax it to our office as soon as possible.
- ☐ You may begin our recommended Dietary Supplement Program. Please refer to the attached form for details.
- ☐ You will receive a phone call on the business day prior to surgery with your exact arrival time.

**Transportation Requirements:**

- ☐ If you choose to take anti-anxiety medication for your procedure and/or are undergoing surgery on both eyes, you must arrange for a responsible adult to drive you to and from the surgery center. Your driver must be available to review and sign your post-operative instructions at discharge. Please note, commercial or public transportation services do not meet this requirement.

**Morning of Surgery:**

- ☐ Take your regular medications as part of your normal routine, except for any medications you were specifically instructed to stop prior to surgery.
- ☐ If you use Nitroglycerin or an inhaler, please bring them with you.
- ☐ You may have a light meal and non-alcoholic beverage.
- ☐ Wash your face and neck, shampoo your hair, and brush your teeth. Do not apply makeup, moisturizer, lotion, perfume, or sunscreen. Please remove all false eyelashes or eyelash extensions, if applicable.
- ☐ Do not wear jewelry, including earrings, necklaces, facial piercings, or hair accessories.
- ☐ Do not wear contact lenses.
- ☐ Wear comfortable, loose-fitting clothing. Avoid clothing that must be pulled over your head or anything tight around the ankles.
- ☐ If prescribed an anti-anxiety medication (such as Xanax/Alprazolam/Niravam or Ativan/Lorazepam), you may take one tablet 30 minutes before your procedure. Bring the remaining tablets with you.