

Eye Surgery: What You Need to Know



Allina Health

**PHILLIPS EYE
INSTITUTE**

*A campus of
Abbott Northwestern Hospital*

Your Surgery

Day and date: _____

Arrival time: _____ a.m. / p.m.

Surgery time: _____ a.m. / p.m.

Surgeon: _____

Phone number: _____

For your safety, surgery may be rescheduled if the guidelines in this booklet are not followed.

Your Arrival Time

You will be asked to come to the hospital 1½ hours before your scheduled surgery. This will give the health care team enough time to prepare you for surgery and answer your questions.

Follow-up Appointments

You need to keep all follow-up appointments with your eye doctor.

Date _____ Time _____

Date _____ Time _____

Date _____ Time _____

Date _____ Time _____

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Before Surgery

Meet with your primary care provider

- ❑ Make an appointment for your pre-surgery physical exam with your primary care provider. This exam will evaluate your current health status.
 - Have your pre-surgery physical exam done within 30 days before your surgery. Your surgery may be delayed or canceled if your exam is not done.
 - You may be asked to bring your health history and physical exam results with you to the hospital on your day of surgery.
 - Your clinic can also fax the results to 612-775-8931.
- ❑ If you are currently taking any medicine, make sure your primary care provider gives you instructions for:
 - taking your medicines the morning of surgery
 - stopping any prescription medicines before surgery
 - stopping any over-the-counter medicines (including herbal medicines) before surgery
 - resuming all your regular medicines after surgery.
- ❑ If you are taking blood thinners such as warfarin (Coumadin[®] or Jantoven[®]):
 - Have your INR drawn within 2 to 3 days before your surgery. Your doctor can fax the results to Phillips Eye Institute Call Center at 612-775-8931.

Important: If you have diabetes, ask your primary care provider about taking your diabetes medicine before surgery.

Arrange for help after surgery

Plan to have an adult member of your care circle (family, friend or person close to you):

- be with you at the hospital when you are ready to leave (discharge)
- listen to and understand your After Visit Summary (discharge instructions for care at home)
- stay with you for 24 hours after surgery.

If you do not have a responsible adult to help you, your surgery will be canceled.

Arrange for a ride home after surgery

Use one of the following options to arrange a ride home:

- Have a member of your care circle drive you home.
- If you live within 20 miles of Phillips Eye Institute and need a ride to and from the hospital, a van service may be available at no cost for you and one member of your care circle.
 - Call your eye surgeon's office at least 3 days before surgery to arrange for a ride.
 - Someone from the van service will call you the day before surgery (between 3 and 7 p.m.) to confirm your pick-up time and address.
 - You will need a responsible adult with you when you leave the hospital (discharge).

Pre-registration call

One to 2 days before surgery, a staff member from the Admissions department may call you to go over paperwork.

Please have the following information available:

- insurance information
- employer information (name, address, phone number).

Insurance coverage

Health care benefits change and differ from plan to plan and provider to provider. It is important for you to understand your health care benefits before your surgery.

Please call your insurance provider and find out exactly what is and is not covered under your plan, and how much you have to pay yourself. Write down answers to your questions, including the name of the person who gives you this information.

Billing

When you have eye surgery at Phillips Eye Institute, you will have four separate bills from:

- the eye surgeon
- anesthesia doctor (Health Billing System)
- anesthesia nurse (Nurse Anesthesia Services, PA)
- Phillips Eye Institute.

The surgeon, anesthesia doctor and anesthesia nurse are independent health care providers. This means they bill separately from Phillips Eye Institute for their services. The bill from Phillips Eye Institute is for hospital services, such as the room, supplies and technology.

If you have questions about billing or financial assistance, visit allinahealth.org/billing or call 612-262-9000.

Pre-surgery call

During the week before surgery, your nurse may call you to go over how to prepare for surgery. This may include:

- the time you need to arrive at the hospital
- what to wear to the hospital
- what to bring to the hospital
- eating and drinking restrictions before surgery
- instructions for taking your medicine before surgery.

Food and Liquid Directions Before Your Procedure

These directions are based on your scheduled arrival time. Not following these directions could mean your procedure will be delayed or canceled.

Alcohol and tobacco: 24 hours

- Do not drink any alcohol 24 hours before your scheduled arrival time.
- Do not smoke, vape, use chewing tobacco or use any other tobacco products up to 24 hours before your scheduled arrival time.

Regular foods: 8 hours

- Eat your regular foods up to 8 hours before your scheduled arrival time.

Light solid foods: 6 hours

- You may eat light solid foods up to 6 hours before your scheduled arrival time. A light meal is:
 - juice or coffee with milk or cream
 - 1 piece of toast **or** 1 bowl of oatmeal or hot cereal.
- Do not eat any nuts or nut butters.
- Do not eat foods that are heavy or high in fat such as meat or fried foods.

Clear liquids: 2 hours

- Drink only clear liquids up to 2 hours before your scheduled arrival time.
 - Drink water, fruit juice without pulp, black coffee, clear pop or tea.
 - Do not have milk, yogurt or energy drinks.

Medicines

- Take your medicines as directed with a small sip of water.

Guidelines for babies

- **6 hours** before the scheduled arrival time
 - you may give formula.
- **4 hours** before the scheduled arrival time
 - you may give breastmilk.

Day of Surgery

What to bring to the hospital

Bring the following items to the hospital:

- your health history and physical exam results
- your health care directive, doctor order or both (if you have any of these documents)
- your insurance card, Medicare card (if you have one) and pharmacy card
- a photo ID
- your device card if you have an implanted pacemaker or defibrillator
- your glasses so you can fill out, read and sign paperwork
- a container for glasses or hearing aids (if you wear them).
- a credit card, cash or check if you have insurance copays or if you are paying for the surgery yourself
- a current list of your medicines, how much you take and when you took your last dose (include any prescription medicines, over-the-counter medicines, herbals, vitamins or other supplements).

Also bring the following items if you are staying overnight in the hospital:

- your prescription medicines in their original bottles
- a change of clothes and pajamas
- personal care items
- CPAP machine, if you use one.

What not to bring to the hospital

Do not bring any of the following items:

- Do not bring any valuables.
- Do not wear jewelry or a watch.
- Do not bring credit cards or money unless you need them for copays or payment.

What to wear to surgery

- Do not wear mascara for 2 days before surgery.
- Wear a short sleeve or sleeveless shirt.** This will make it easier for your health care team to check your blood pressure and start an intravenous (IV) line in your hand or arm.
- Wear loose-fitting clothing and comfortable shoes.
- Do not wear contact lenses.
- Do not wear make-up.

When You Arrive at the Hospital

Your safety

You will be asked many times during your visit to verify your name and birth date. You may also be asked to give details about your surgery. These questions are being asked for your safety.

Surgery timeline

Check in

Check in at the patient registration desk in the main entrance. (See the campus map on page 14.) You should check in 1½ hours before your scheduled surgery.

A staff member will help you check in and give you a pager. The pager will be used to give updates to you or the member of your care circle.

Patient interview

- Your nurse will bring you to an interview room.
- Your nurse will:
 - review your health history, current medicines list and the consent form with you
 - review your health care directive, doctor order or both with you if you have any of these documents. If you have a do not resuscitate (DNR) wish or order, your nurse will talk with you about placing it on hold during surgery and when it will go back into effect.

Eye surgery is not life-threatening. However, anesthesia has risks of problems (complications). These are rare. Risks include changes in your heartbeat or breathing.

Placing your DNR wish or order on hold will allow your anesthesia doctor (doctor who will give you anesthesia, sedation or both) to treat any complications that occur. Ask your nurse or anesthesia doctor if you have any questions.

- check your blood pressure and heart rate
- mark the surgery site on your body
- give you eye drops as needed
- ask you where you will have your prescriptions filled. Your surgeon may want you to get your prescription filled at the Allina Health Phillips Eye Institute Pharmacy before you go home after surgery. This will allow the pharmacy staff to call your doctor and clarify any medicine or insurance issues right away.

Surgery prep

- You will be brought back to a surgery prep room.
- Your health care team will:
 - connect your heart and blood pressure monitors
 - start an intravenous (IV) line in your hand or arm. You will receive medicine in your intravenous (IV) line to relax you. Some people will also have a local anesthesia injected at the surgery site to numb the eye muscles.
- Your anesthesia doctor and anesthesia nurse will talk with you about your sedation plan.

Surgery

- You will be brought back to the operating room. Your surgery time will depend on your type of surgery.

Recovery

- After surgery, you will be taken to the recovery area. This is known as the Post-anesthesia Care Unit (PACU) and Phase 2. Most people stay here for about 30 minutes.
- Your nurse will:
 - check your heart, blood pressure and temperature
 - ask you to rate your pain. You may have some discomfort and pain after surgery.
 - talk with you about pain relief and help make you as comfortable as possible
 - offer you a snack and drink
 - remove your intravenous (IV) line
 - review your After Visit Summary (discharge instructions for care at home) with you and a member of your care circle.

Anesthesia and sedation

- You have received medicine (anesthesia, sedation or both) that made you sleepy. This will affect your ability to think clearly and make good decisions.
- For your safety, you will need a responsible adult to drive you home and to stay with you for 24 hours.
- For 24 hours:
 - Do not drive or use any machinery.
 - Do not make important decisions.
 - Do not drink alcohol. (It is also important to not drink alcohol as long as you are taking prescription pain medicine.)

After Surgery

How to manage your pain

Your comfort and safety are important to your health care team. Please tell a member of your team if you feel any pain or discomfort. This includes pressure, tingling, burning or other feelings.

Your doctor or health care team will give you directions for managing your pain at home.

Prescriptions filled before you go home

If your prescriptions are filled at the Allina Health Phillips Eye Institute Pharmacy, the pharmacy staff will call your doctor and clarify any medicine or insurance issues.

Refills can be mailed to your home, picked up at the pharmacy or transferred to a different pharmacy of your choice.

The pharmacy accepts most types of insurance. Its prices are competitive with other retail pharmacies.

Getting to Phillips Eye Institute

Directions to Phillips Eye Institute

Phillips Eye Institute is located at 2215 Park Ave. S., Minneapolis, Minn. (See the street map on page 13.)

- Visit allinahealth.org/phillipseye to view the map and directions online.
- Call the directions hotline at 612-775-8899 to get driving instructions by phone.

Where to park and enter the building

You can be dropped off at the Main Entrance (5 on the campus map on page 14).

To park in the parking ramp:

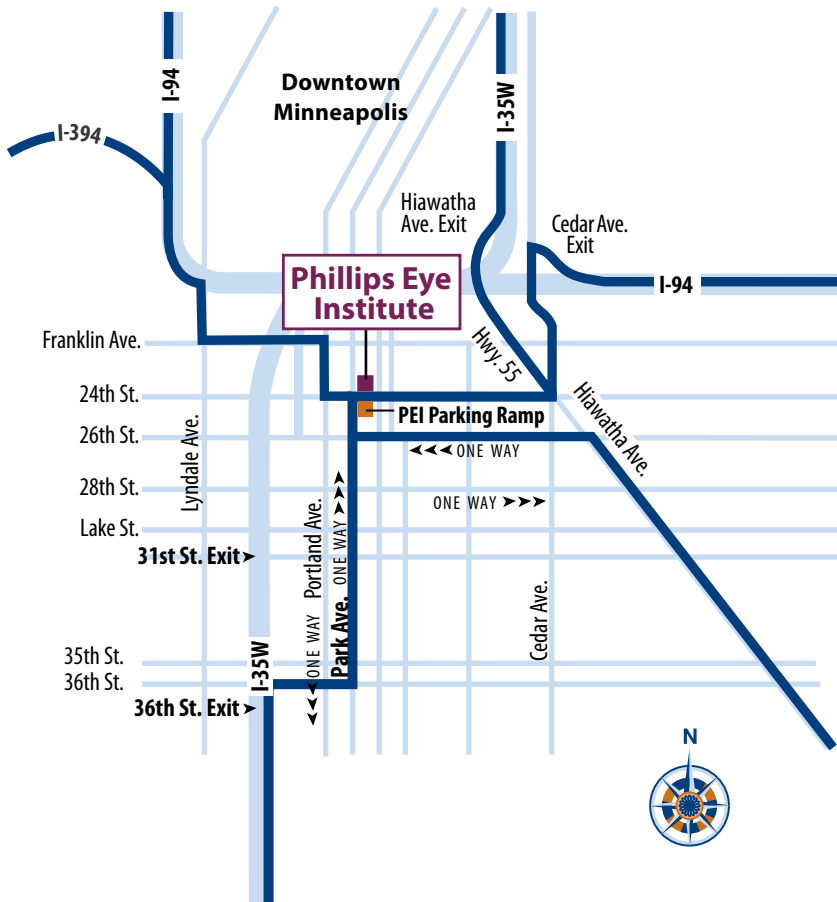
- Exit the circle drive and turn right on Park Avenue (one way).
- Turn right on Franklin Avenue.
- Turn right on Chicago Avenue.
- Turn right on 24th Street and proceed to the parking ramp entrance (3 on the campus map on page 14).

To walk to the hospital after parking in the ramp, cross the street and enter at the 24th Street entrance (1 on the campus map on page 14).

You will be charged a flat rate for parking in the ramp. The automated pay station at the ramp exit accepts cash (up to \$10 bill) or credit cards.

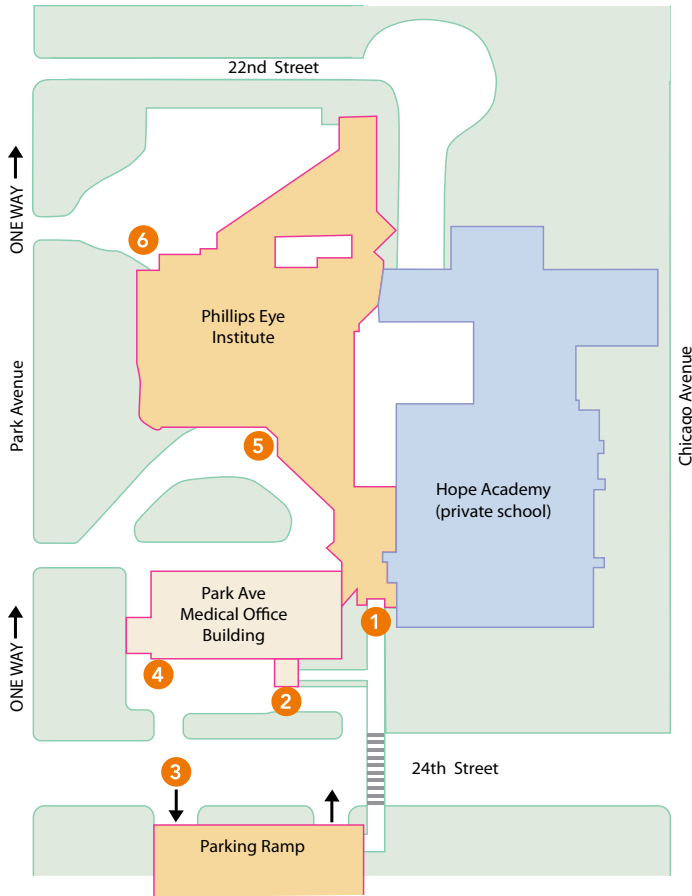
Handicapped parking (4 on the campus map on page 14) is located in front of the Park Avenue Medical Office Building, 710 24th St. E. There are also spots at the main entrance (5 on the campus map on page 14) at 2215 Park Ave. S.

Street Map



Phillips Eye Institute
2215 Park Ave. S.
Minneapolis, MN 55404

Campus Map



Entrances and parking

- 1 24th Street entrance (use this entrance when walking from the parking ramp)
- 2 Medical Office Building entrance
- 3 Parking ramp entrance
- 4 Handicapped parking
- 5 Main Entrance and patient drop-off and pick-up
- 6 Ear, Nose & Throat Specialty Care of Minnesota entrance



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