

In advance of your surgery

A **preoperative physical** is needed. Please make an appointment with your family physician for a history and physical exam. This must be completed within 30 days of your scheduled surgery date. The day before your surgery, we will contact you with your arrival and scheduled surgery time. Our preadmission nurse will call you the day before surgery between 8 am and 5:30 pm. If you wish to call the nurse, you may do so at **866-329-0299** or at **608-282-2050**. You may find the nurse's line busy as he/she may be talking with other patients, but please leave a message with your phone number and best time to reach you so your call can be returned.

With very few exceptions, our nurse will need to speak with you, the patient, to obtain a health history on the phone. Your health status and medications, including herbal supplement use, are important for us to know in advance of your arrival at the surgery center, so please be prepared to discuss this with our nurse. We will not be able to obtain this information from a family member. Our nurse will give you instructions about which medications to hold and which to take the day of your surgery.

We will also ask for an emergency contact name and number. **You may not drive home after your surgery. Please make arrangements for a responsible adult to accompany you from the surgery center whether you are being driven or are taking a cab. We also strongly recommend that for your safety, you arrange for someone to stay with you after surgery and through the first night at home.**

If you are having cataract surgery

If you are planning cataract surgery and are taking Aspirin, Plavix, or Warfarin you **do not** need to stop your Aspirin, Plavix, or Warfarin. If you are taking Warfarin your protime/INR test will need to be below 3 in order to complete surgery. It is important for you to contact the SSM Health Dean Medical Group's anticoagulation clinic **608-252-8060** or the person who manages your anticoagulation therapy to let them know of your upcoming cataract surgery. They will arrange for you to have a protime/INR blood test **within 3 days of your surgery** to make sure that your INR is in range for the surgery.

If you are ill before your surgery

It may be necessary to postpone surgery for you or your child in the case of cold or flu symptoms. If you experience symptoms of diarrhea, vomiting, fever or cough within days of your surgery, please notify your surgeon or the SSM Health Surgery Center. If it is necessary to reschedule your procedure you may avoid an unnecessary trip to the center by contacting us prior to arrival.

SSM Health Outpatient Center
2850 O'Keefe Avenue
Sun Prairie, WI 53590



What to expect

Your eye surgery
at SSM Health
Surgery Center



PATIENT NAME

MEDICAL PROVIDER

TIME TO ARRIVE AT THE SURGERY CENTER

Before surgery

When and what adults and teens may drink before surgery

- Eat and drink normally until midnight (12 am) prior to your surgery.
- **Do not** eat solid food after midnight.
- **Do not** have cream, milk, sugar, hard candy, lozenges, gum, or tobacco after midnight.
- You may drink **CLEAR LIQUIDS**, including water, after midnight until three hours before your scheduled arrival at the surgery center. Example: Surgery arrival time is 7 am: stop **ALL FLUIDS** at 4 am
- After midnight drink only **CLEAR LIQUIDS**: water, black coffee, tea, cola and other soda, clear Jell-O®, popsicles, and clear juices such as apple, cranberry, white grape. No other juices are allowed.
- You must follow these requirements or your surgery will be postponed or canceled when you arrive at the surgery center.

When and what children and infants may drink before surgery

Please follow the information below for your child's food and drink restrictions:

Children 2 - 6 months of age:

- **Stop solid food and milk 5 hours** before arrival time
- **Stop clear liquids and breast milk 3 hours** before arrival time

Children 6 - 36 months of age:

- **Stop solid food and milk 6 hours** before arrival time
- **Stop clear liquids and breast milk 3 hours** before arrival time

Children 3 years to adult age:

- **Stop solid food and milk 8 hours** before arrival time
- **Stop clear liquids and breast milk 3 hours** before arrival time

Day of surgery

Instructions for the day of surgery

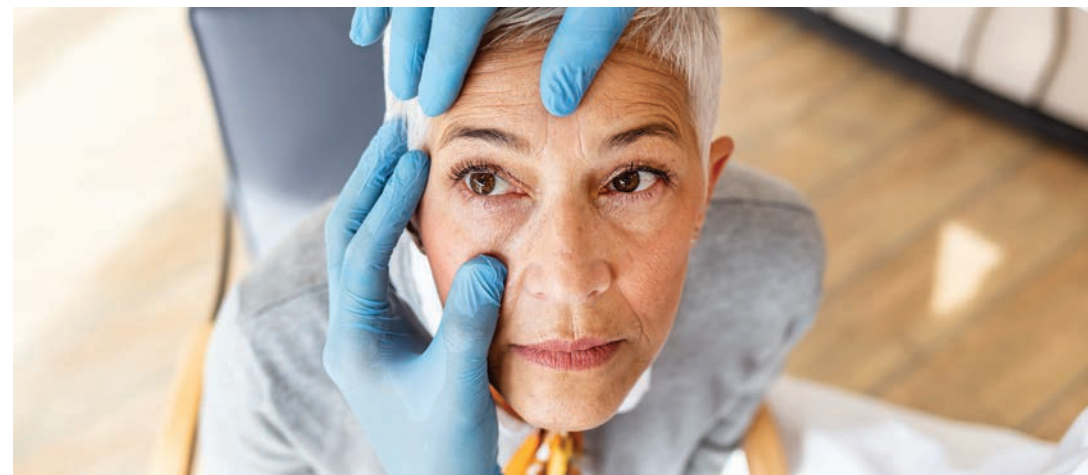
- Brush your teeth, but do not swallow when you rinse.
- Dress comfortably in clothing that is easily removed and loose enough to wear over bandages.
- You will be provided with a gown, robe, and slippers while at the surgery center, should you need to change your clothes.
- Leave jewelry, metal hair clips, and body piercings at home. You may wear your wedding ring if it doesn't interfere with your surgery; for example, surgery or an IV in your left hand would require removal.
- Leave money and valuables at home, bringing only what you will need to purchase prescription medications at the pharmacy. Please bring appropriate containers for glasses, contacts, dentures, hearing aids to be kept in while you are in the operating room.

Special precautions

- If you have asthma, bring your inhaler or nebulizer.
- If you were given supplies at the clinic please remember to bring them with you.
- Follow instructions given at the clinic regarding other special requests.
- If you are on oxygen, please bring a portable tank with you.

Arriving

The SSM Health Surgery Center is located on the first floor of the SSM Health Outpatient Center building. When you enter through the center's main door, head to the left side of the main lobby, near the security window, to check in using one of the two freestanding touch screen kiosks reserved for surgical patients. The reception staff will give your companions information explaining how to track your progress through surgery on a large computer screen located in the front lobby.



Insurance and billing information

- Please be sure to bring your insurance card and a photo ID. You may also be asked to provide your (or your child's) social security number.
- If your surgery is related to workman's compensation, bring your claim number and date of injury.
- Remember, if your insurance requires a copay, you will be asked to pay it when you arrive.
- Feel free to contact our billing department before your surgery should you have questions. They can be reached at 608-250-1336 or 800-222-5962.
- Insurance policies differ — therefore you should verify your insurance coverage and any amount due at the time of surgery.

During your stay

Your family may wait in the lobby during your surgery. The surgeon will see your family after the procedure if they are present. Should your family wish to leave briefly, they should do so as soon as you are taken to the operating room to assure that they are back in the waiting area when the surgeon comes to find them. Family members should stop at the front desk and notify staff if they are leaving the area. For parents of minors, it is expected that you remain in the waiting area at all times. Your family will see on the computer screen when you arrive in the step down area and they will then be allowed to join you.

Going home

You may wish to bring a pillow for your comfort during the drive home.

- Your nurse will go over written home care instructions with you and your escort before you leave.
- One of our nurses will call you as a courtesy follow up the next business day after your surgery.

Children having surgery

- Tours may be arranged 1 - 2 days prior to surgery. Please call the surgery center at 608-282-2050 or 866-329-0299.
- Feel free to bring a comfort/security item such as a clean blanket, toy, or pacifier to accompany your child to surgery.
- If your child drinks from a bottle, please bring an empty bottle or sippy cup we can fill with juice after the procedure.
- Should your child prefer something other than water, juice, or soda, please bring what you know they will drink, as we will be encouraging fluids after surgery.