

Pre-Operative Instructions

FOOD

- If your appointment time is **BEFORE** 11:00 am, **DO NOT** eat the morning of your surgery.
- If your appointment time is **AFTER** 11:00 am, please eat a light breakfast (toast, coffee, fruit, cereal) **BEFORE** 7:00 am

DRINK

- You are allowed to have clear fluids up until 2 hours before your scheduled surgery time (apple juice, ginger ale, Gatorade, water, tea or coffee **without** milk/cream)

MEDICATIONS

- You may take your regular medication with a sip of water in the morning. You should also use your regular eye drops on the morning of surgery.
- If you are diabetic **DO NOT** take any diabetic medications on the morning of your surgery.
- If you are an insulin-dependent diabetic, please bring your glucose kit with you to your surgical appointment.
- Please bring all medications with you on your day of surgery, including puffers and diabetic medication.

WHAT TO BRING/WEAR

- **DO NOT** wear any make-up, perfume, cologne, or jewellery.
- Please ensure you wear warm clothing and/or bring a blanket. The operating suite is kept at a lower temperature.

TRANSPORTATION

- Please ensure you have arranged for a family member or friend to drive you to and from the facility.
- You will **NOT** be allowed to drive yourself or take an **uber/taxi/bus** home.
- If you do not have appropriate transportation when you arrive, your procedure will be rescheduled.

ARRIVAL

- Please arrive at your scheduled time, there is no need to be early, we have already accounted for your pre-operative time.
- If you are late, your procedure may be rescheduled.
- Please expect to be in the office for 3-5 hours on your day of surgery. This includes your pre-operative, operative and post-operative time.

PAYMENT

- Please bring your valid Ontario Health Card
- Payment (if applicable) will only be accepted via cash (**discounts may apply**), debit or credit card. Personal and certified cheques will **NOT** be accepted.