

Central Minnesota Retina Specialists

Pre-Operative Instructions and Information

Avoid all aspirin or aspirin related products five days prior to surgery, unless otherwise directed.

St.Cloud Hospital

St Cloud Hospital requires a **negative COVID test** within 7 days of your surgery.

A representative will contact you about 1 week prior to surgery to review past medical history, medications & preparations for day of surgery.

A representative will contact you the day prior to surgery to give a final arrival time for day of surgery.

Alomere Health, Alexandria

A representative will contact you the day prior to surgery to review past medical history, medications & preparations for day of surgery and to give a final arrival time for day of surgery.

Day of Surgery

DO NOT eat or drink after midnight the night before your surgery.

DO take your morning medications with a small sip of water.

- If you take insulin, take ½ of your usual dosage the morning of surgery.

Plan on having a driver the day of and the day after.

Plan to have someone available to stay with you for 24 hours after surgery.

You will leave the hospital with a patch over your eye to wear overnight.

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What to expect after surgery

The eye may be red and/or bruised for up to one month.

Avoid vigorous activity including no lifting over 20 lbs for 2 weeks.

Your eye will be filled with an AIR or GAS bubble or SILICONE OIL

- AIR bubble will dissolve within 7-10 days.
- GAS bubble will dissolve within 6-8 weeks. You cannot fly in an airplane until the bubble is completely gone.
- SILICONE OIL will remain in the eye for retinal stability until surgically removed.

Your vision will be impaired & will limit your ability to drive.

Patient with Retinal Detachments:

DO NOT engage in vigorous activities prior to surgery.

A Scleral Buckle may be used: A Scleral Buckle is a silicone band that encircles the eye. After surgery, the band is hidden under the eyelids, muscles and skin around the eye. The goal of a scleral buckle is to reattach the retina and decrease the risk of future retinal detachments. Some surgeries involve both a scleral buckle and a vitrectomy.

VITRECTOMY:

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A Vitrectomy is the removal of the vitreous or “gel” inside the eye. Small instruments about the size of pencil lead are placed into the eye through tiny incisions in the sclera (white part of the eye). If the retina is detached it will be reattached during the surgery by using a gas bubble or silicone oil placed inside the eye.

ANESTHESIA:

Most cases are done with **local anesthesia**, in which an anesthetist is responsible for the administration of the anesthetic agents and monitoring your vital signs. During local anesthesia you will be sedated with an intravenous line while we anesthetize (numb) the eye. Most patients do not experience any discomfort during this procedure. Please notify the surgeon if you are having discomfort and additional medication will be administered. Some cases are done under **general anesthesia** where you would be totally asleep and breathing is controlled by a machine.

RISKS OF EYE/RETINA SURGERY:

Infection, loss of vision, loss of the eye, cataract progression, retinal tear or detachment, re-detachment, high or low pressure, pain, hemorrhage (bleeding), anesthesia risks including death, need for more eye surgery, or other complications not listed.

DATE OF SURGERY: _____ **TIME:** _____

ARRIVE AT HOSPITAL: _____

OUR POST OP PATIENTS ARE SCHEDULED AT THE BEGINNING OF OUR CLINIC DAY.

YOUR APPT. IS AT _____ at our

- **Sartell Location: 2330 Troop Drive #104, Sartell, MN 56377**
- **Alexandria Location: 2633 Jefferson Street #802 Alexandria, MN 56308**
- **Baxter Location: 13958 Cypress Drive Baxter, MN 56425**

We can be reached at 320-230-8555 or 1-866-667-8585