



New York Eye and Ear Infirmary of
 Mount Sinai
 310 East 14th Street
 New York, NY 10003-4297
 Tel: 212 979 4000
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Preoperative Instructions for Outpatient Surgery

Patient Name: _____ Surgeon: _____

Surgery Date: _____ Time of Surgery: _____

Arrival Time to NYEE: _____

1. Rules to follow **BEFORE** the day of surgery:

- If you are on anticoagulants/antiplatelet agents you should continue these medications unless instructed otherwise by your surgeon or cardiologist. (Adopted from NYEE Department of Anesthesia Patient Medication Guidelines).
- If you develop a cold before surgery, please phone your surgeon and report this immediately.

2. Rules to follow **THE DAY OF SURGERY:**

- When fasting prior to surgery: (Adult Patients - 18 years old and older)

Between ____ and ____	At least 2 hours before surgery	Clear Fluid Allowed	Examples: Water, Black Coffee, Clear Tea, Apple Juice (only clear juices), Carbonated Beverages.
Between ____ and ____	At least 6 hours prior to surgery	Light Meal Allowed	Examples: Coffee With Milk, Orange Juice or other fruit juices with pulp, cereal, bread, toast, crackers.
Between ____ and ____	At least 8 hours Prior to surgery	Heavy Meal Allowed	Examples: Fatty or fried food, cheeses, meats, eggs.
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*Certain medical conditions can slow down gastric emptying and/or put patients at higher risk for pulmonary aspiration, such as diabetes, renal disease, gastrointestinal motility disorder, GERD, dysphagia, hiatal hernia, and potential difficult airway management. Your surgical provider and/or anesthesia provider will use his or her clinical judgment to decide appropriate fasting time if additional time is needed. (Adopted from NYEE Department of Anesthesia NPO Guidelines).

- Bring a list of your medications or the bottles of medications themselves with you to the hospital.
- You should continue regular morning blood pressure and cardiac medications on day of surgery with a sip of water unless instructed otherwise by your surgeon or cardiologist. (Adopted from NYEEI Department of Anesthesia Patient Medication Guidelines).
- If you are diabetic and take insulin please take your normal evening dose the night before surgery but do not take any insulin or oral hyperglycemics on day of surgery. (Adopted from NYEEI Department of Anesthesia Patient Medication Guidelines).
- For all other medications please consult with your medical doctor/attending surgeon.

• YOU WILL NEED SOMEONE TO ESCORT YOU HOME AFTER YOUR SURGERY. YOU WILL NOT BE PERMITTED TO LEAVE UNACCOMPANIED UNLESS APPROVED BY YOUR SURGEON.

- Remove all body piercings, body lotion, make-up, nail polish, and jewelry. Contact lenses **may not** be worn. If you have sculpted nails, please remove one of these.
- Leave all valuables at home.
- Recommended clothing: Loose, comfortable button front shirt that can be easily removed and will fit loosely over a dressing on the operative site.

3. Upon first arriving to New York Eye and Ear Infirmary, please REPORT TO THE ADMITTING OFFICE located on the 1st floor North Building.

- After you have been identified in Admitting, lab work and/or other testing will be obtained (if this has not already been done)- You will then be directed to the Same Day Surgery waiting room (5th floor North Building or as directed by the admitting staff) where you will change into hospital pajamas and be interviewed by several members of the health care team.
- During your surgery a family member or friend should wait in the 5th floor waiting room (or as directed by the admitting office).
- After your surgical procedure, you will be taken to the Phase I recovery room (on the 2nd Floor), where your blood pressure will be checked and oxygen may be given to you. You may also be directed to bypass the Phase I recovery room depending on the surgery or type of anesthesia you receive. When you enter the Phase II recovery (on the 5th floor or as directed to the 7th or 9th), your family member may join you. You will be expected to stay in Phase II recovery anywhere between 45 mins- 2 hours. A nurse will then review your post-operative instructions and prepare you for discharge from the hospital.

4. Please phone the office at 212-979-4360 for any questions and/or concerns.