

Preparing for Surgery

NPO Policy



DO NOT EAT FOOD ON THE DAY OF YOUR SURGERY!

- **Do not** eat food after midnight the night before surgery.
- On the morning of surgery, you may drink up to 12 oz. of the following liquids **ONLY:** water, black coffee or tea, cranberry juice or apple juice (no more than 12 oz TOTAL of fluid).
- You must stop ALL liquids 2 hours before your arrival time.
- No candies, gum, or lozenges.

Driver Policy



YOU MUST HAVE SOMEONE DRIVE YOU HOME FROM SURGERY.

- A responsible adult (18 years of age or older) must accompany you to surgery, and check-in with you at Surgical Admissions, otherwise your surgery will be cancelled.
- Your driver must stay on the premises for the entire duration of your surgery.
- They should also expect to stay with you during your recovery at home that day.
- **DO NOT** plan to walk, take a taxi, or use any other form of public transportation unaccompanied.
- You will also need a driver for your first post-op appointment.

Surgery Checklist:

- ☐ Arrange for a responsible adult to drive and accompany me to surgery
- ☐ Complete Pre-Operative call with Surgical Scheduling one week prior to surgery. They will call you.
- ☐ Complete Pre-Operative Health Assessment with a nurse from our Pre-Admissions Testing Department. A nurse from the department will contact you.
- ☐ Remember no food after midnight the night before surgery and only 12oz of clear liquid the morning of.
- ☐ If your surgeon prescribed eye drops, please pick those up prior to surgery and bring them with you the day of surgery.
- ☐ If you need to cancel the night before surgery or the morning of, please call the After-Hours Cancellation number listed below

Contact Information



Surgical Scheduling Number
207.774.8277



After-hours Cancellation Number
207.523.5674



Our Location
161 Marginal Way, Portland, ME 04101

MAINE EYE 

Ambulatory Surgery Center



Thank you for choosing
Maine Eye for your complete
eye care needs.

Please review the information
regarding your upcoming surgery
provided in this brochure.

A member of our Surgical
Scheduling team will contact you
within a week of your evaluation
to schedule surgery.

If you have any questions prior to
being scheduled, please call our
office at 207-774-8277.

Instructions

- To reduce the chance of infection, please shampoo and bathe, prior to surgery. Please wear clean, comfortable, and loose fitting clothes.
- Do not wear any metal. This includes jewelry, belts, suspenders, buttons, etc.
- Do not wear contact lenses.
- Do not wear make-up, moisturizer or fragrances. Mascara, eyeliner, eyebrow pencil, and eye shadow must be completely removed on the day of surgery. Your face should be free of oils or creams.
- Please check with your Surgeon if you have any dental cleanings or procedures scheduled around your surgery.
- **Oculoplastic Patients Only**: After surgery you will be given an ice pack to be applied once every hour for 15 minutes. If you live more than one hour away from Portland bring a cooler to keep your ice pack cold on the way home.



Insurance & Billing FYIs

- Please notify us immediately about any insurance coverage changes.
- Please note that you may be contacted by our billing office prior to surgery regarding your financial responsibility and insurance out of pocket expense.
- If you have questions regarding insurance coverage, call your member services, found on the back of your insurance card. Further questions can be answered by our billing office.
- Please be advised that your anesthesia provider bills independently for their professional services. You can expect to receive a separate statement from your Anesthesia Provider.



Medication Instructions Day of Surgery

- You will receive a call from one of our Pre-Admissions Testing Nurses to complete your Health Assessment, this can not be skipped. If you miss the call please be sure to call back at your earliest convenience.
- It is very important that you take all your regular morning pills with a small amount of water, especially heart and blood pressure medications. Take them even if you normally take them with food. You may take them with apple juice or cranberry juice if your arrival time is more than two hours away.
- Bring all inhalers with you on the day of surgery.
- **Diabetics**: Our Pre-Admissions Department will call you to discuss a plan for your diabetic medication prior to surgery. Do not change your diabetic medication routine until you speak with us. A snack is served after surgery so bring your diabetic medications with you on the day of surgery.

