



### General Instructions

- Location: 55 St George Rd, Springfield Ma (behind the Greek Cultural Center on Main St)
- Please be aware procedure times are subject to change due to cancellations or other issues. Confirmed arrival times are given the business day before procedure by phone call.
- The day of your procedure, please call prior to entering the building. 413-736-7463.
- Only 1 person to accompany the patient in the waiting room. We may ask rides to wait in the car if the waiting room is too full.
- If you have any questions please call, 413-736-7463, Monday through Friday
  
- if you have an infection, fever, or noticeable change in your physical health since your last office visit, inform your doctor's office immediately.
- If you use an inhaler, please bring that with you.
- If you have crutches, collar or brace, please bring them with you on the day of surgery.
- If you need an interpreter for your visit, please bring one with you.
- If you have a Health Care Proxy, or Power of Attorney please bring a copy with you on the day of surgery

### Pre-Operative Instructions

- Do not have anything to eat or drink for 8 hours prior to surgery including gum, cough drops, and hard candy. May have small sips of water up to 2 hours prior to arrival.
- You may take any heart, blood pressure, breathing, or seizure medication with a small sip of water on the morning of surgery.
  - Diabetic Patients
- Should not take oral diabetic medication and/or insulin prior to their procedure due to NPO status, unless scheduled for a late afternoon procedure. In this case they should take half their regular dose of diabetic medication and a light breakfast (ex. Plain toast) at least 8 hours before surgery and clear liquids like apple juice up to 2 hours prior to arrival.

**The following Diabetic medications should be stopped 1 week prior to procedure:** Tanzeum, Eperzan Trulicity, Byetter, Bydureon Bcise, Adlyxin, Victoza, Saxenda, Ozempic, Wegovny, Rybelsus and or Mounjaro, Zepbound

- NSAIDS & Blood Thinners

-If you are taking any NSAIDs/blood thinning medication such as Aspirin, Motrin, Advil, Celebrex, Ibuprofen, Naproxen, Meloxicam, Fish oil, etc. Please review your surgeon's paperwork for timing to stop these medications.

-If you take blood thinners such as Eliquis, Plavix, Aggrenox, Coumadin, or Heparin please contact your Primary care physician regarding stopping these medications. Patients taking coumadin may require lab testing (PT, INR) 24 hours prior to scheduled procedure.

### Laser Procedures

If having an eye laser procedure, Ex: Yag Capsulotomy, Selective laser trabeculoplasty, or Laser iridotomy. You will not be receiving anesthesia through an IV, So there are no restrictions. You may eat, drink, and take your medications as prescribed. You may drive yourself unless your physician instructed differently.

### Day of Surgery Information

Please bath, and brush your teeth on the morning of surgery. Do not wear make-up, perfume, aftershave or cologne. Please remove nail polish from the operative hand or foot. Please remove all Jewelry.

**MD SINE LLC is not responsible for patient valuables. Patients are advised to leave all valuables and jewelry at home or with a friend or family member.**

-Wear casual loose-fitting clothing (i.e. button or zippered top, sweatpants, or shorts). When you arrive, a nurse will bring you into the pre-operative area. We will have you change into a patient gown, and you will then settle into a bed. The nurse will apply heart and blood pressure monitors, and review your history and medications. An intravenous will be started, medications to help you relax and keep you comfortable are given through this IV. The nurse may also shave your surgery area. You will see your surgeon before you are brought to the operating room.

-After your surgery, you will be brought to our post operative area. You will have a bandage on the operative site. The nurses will monitor you while you are waking up. Once you are awake enough you will be given a drink. The nurses will review and give you a copy of your discharge instructions.

-If you have any problems after you return home, please review your discharge paperwork and call your surgeons office.