

Dr. A. C. Crichton's office:
102, 49 Richard Way S.W.
Calgary, Alberta T3E 7M8
245-3730, fax 245-1058
Questions about surgery? Call Heather 403-245-3730, ext 2

GLAUCOMA SURGERY

PLEASE READ CAREFULLY BEFORE SURGERY

Before Surgery

Medical:

- A medical must be done by your family doctor **about 1 month or as soon as possible before surgery; medicals are valid for 3 months assuming no health changes.**
- Take the attached medical form to your doctor to be completed.
- If you **fail** to have your medical done, your surgery will be postponed.

Drops:

- Continue your drops as usual until you arrive at surgery.
- Instructions for additional surgery drops are enclosed.

Surgery

Date:

Arrival time:

am/pm (walk in door time)

- Total length of time there is approximately 2 hours, from start to finish.

Location:

SURGICAL CENTRES INC.

Rockyview Health Centre II (Not Rockyview Hospital)
Suite 120 1016 68 Ave SW, Calgary, Alberta

- located just west of Mayfair Place, near Glenmore/Elbow intersection

Parking:

- Pay parking available in main parking lot, enter in main doors. You cannot drive yourself home from surgery.



IMPORTANT GLAUCOMA SURGERY

INSTRUCTIONS

BEFORE SURGERY

- If you are on Coumadin, please ensure you have your INR checked 5 business days prior to surgery.
- **Do not have any solid food or milk products after midnight before surgery, this includes gum or candy. Do not drink any alcoholic beverages for 24 hrs before surgery.**
- **Stop drinking clear fluids 3 hours before surgery (e.g. black tea and coffee, apple juice, water); see instructions from anesthesia.**
- Your operation may be cancelled due to acute medical conditions (e.g. severe cold). If in doubt, contact your surgeon's office prior to surgery.
- Take all your medications as normal before surgery with sips of water.
- If you use glaucoma drops in the surgery eye, take them the morning of surgery. After surgery, Dr. Crichton will instruct you on the use of your eye drops. A prescription is enclosed with instructions regarding additional drops required for surgery.

THE DAY OF SURGERY

- It is recommended to have someone accompany you to and from surgery. Please make your own arrangements.
- Please bring a pharmacy generated list of all medications that you are currently taking as well as your **Alberta Health Card**. (If a list is unavailable, please bring your medications to the surgery centre in the original containers.)
- Wear loose comfortable clothing. Nothing tight or constricting i.e.: nylons.
- Please do not wear jewelry or makeup. If you wear contact lenses, please remove them before surgery.
- You will check in at Surgical Centres Inc. reception area. There is a waiting room if your driver needs to wait.
- They will have you sign a consent form and then take you to the back to see the anesthetist. He will administer the local anesthetic, which will freeze the whole side of your face.
- Once the anesthetic has taken effect, you will walk to the surgical suite where Dr. Crichton will do your surgery.
- You will lie on a surgical bed while covered with a sterile surgical drape. The surgery itself takes about 30-45 minutes and you will be awake for the whole procedure.
- Dr. Crichton will put bandages and a shield over your eye when the surgery is complete.

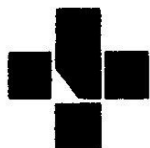
AFTER SURGERY

- Leave your eye patch on overnight and the next day until your appointment with Dr. Crichton. Do not remove the patch to take any eye drops.
- Go home & rest. Resting quietly the day of surgery is recommended
- **You will have a 1 day and 2 day post-surgery check-up with Dr. Crichton:**
 - **1 day - Thursday at 8:00 am, Rockyview Hospital Eye Clinic**
 - **2 day - Friday at 9:00 am, office (102, 49 Richard Way SW)**
- You may experience numbness of your face, eye and head for up to 6 hours after surgery.
- If you experience discomfort, you may take Tylenol as recommended.
- If you experience severe pain, call the office at 245-3730 or the Eye Clinic at 943-3720 during daytime hours. After hours, to receive telephone advice, call Calgary Health Link at 943-5465. For an emergency, go to the nearest hospital emergency department.
- For several weeks after surgery your follow up appointments will be frequent.
- You may eat regular meals following surgery.
- **DISCONTINUE GLAUCOMA DROPS/PILLS IN YOUR SURGERY EYE ONLY AND USE YOUR POST-OPERATIVE DROPS UNLESS OTHERWISE ADVISED.** Continue any drops you take for your non-surgery eye as normal.

POST-OPERATIVE ADVICE FOLLOWING SURGERY

- If you have any questions about your eyes, please call the office.
- Wear eye shield at night for 2 weeks. Tape to face with tape or fix the eye shield with string (e.g. like a pirate patch).
- Your wound is healing and it will not be firm enough to stand too much pressure for about six weeks.
- Avoid all stooping, straining, lifting and vigorous activities for at least two weeks. It is impossible to list all the activities you should avoid. Try and sleep propped up for 5 days after surgery.
- Avoid closing the eyes tightly. Never rub or touch the eye. Take care when washing face, avoid getting water or soap in the eye.
- If there is a lot of discharge from the eye, wipe off the lids with moist cotton, but avoid exerting pressure on the eye, particularly the upper lid.
- Wash your hands thoroughly before and after putting in eye drops and ointments.

- You may have the feeling of something in the eye because of the incision, but do not close it tightly. This feeling may persist for a few weeks.



**Alberta Health
Services**

Eating and Drinking Before Surgery In Non-Hospital Surgical Facilities

Follow these instructions or your surgery may be cancelled! This is for your safety, to prevent aspiration (food in your lungs). Aspiration is life-threatening.

Eating - Eat as you always do the day before surgery. Your last food in the evening before surgery should be a low fat snack. Don't eat meats, eggs, fried foods, peanut butter, nut butters, or corn chips. **Stop eating at midnight before surgery!**

Drinking

It's important to drink enough fluids with carbohydrate (sugar) and electrolytes to prepare your body for surgery. Diabetic patients only should keep calories reduced.

The evening before surgery:

- drink 3 cups of liquid; fruit juice OR cranberry cocktail recommended (not diet or low calorie)

The morning of surgery:

For **08:00am scheduled** patients:

- Drink 2 cups of **CLEAR** (you can see through it) liquid. Apple juice, cranberry cocktail (not diet or low calorie) or sports drink (Gatorade/Powerade) is preferred. You may drink water, BLACK coffee or BLACK tea (NO cream, milk or whitener).
- **Stop drinking at 05:30am**

For **09:00 and later scheduled** patients:

Clear liquids as above are encouraged to help keep you hydrated before surgery, but remember:

Stop drinking anything 4 hours before surgery! If you drink too close to the time of your surgery, it may be postponed.

Certain medical conditions may alter the above guidelines:

Diabetes with known severe secondary complications,
Obesity with Body Mass Index (BMI) >40,
History of major gastric surgery, bypass and/or banding, or
Known gastric emptying delay

If any of these conditions apply to you, and you did not have a consultation in the Preoperative Assessment Clinic, or have been advised otherwise, the safe thing to do is not to have anything to drink at all the day of surgery, and explain this to the staff on arrival.

**Department of Anesthesia
Calgary Zone**

Pre-Surgery Medical Form

DUE BY 2 WEEKS BEFORE SURGERY (VALID FOR 3 MONTHS ONLY)

Your patient has been scheduled to have surgery at: SURGICAL CENTRES INC. 1016 68 Ave SW, Calgary

Please provide a complete history and physical examination on this form and **fax to:**

DR. CRICHTON Fax 245-1058 --- SEND ASAP!!

If your patient is on Coumadin please arrange for INR blood work to be done 4 business days prior to surgery and fax the results ASAP.

Patient's Name _____ Date of Surgery _____
Procedure _____

ADMITTING DIAGNOSIS

MEDICATIONS:

Past Medical Hx -

Recent Steroid use-
Flomax/Hytrin/Avodart use-
Drug Allergies-
Previous Surgery-
Anesthetic Problems-

Functional Inquiries (Systems Inventory) No Yes

Cardiovascular	___	___
Respiratory/Smoking	___	___
Heptic	___	___
Renal	___	___
Nervous System	___	___
Endocrine	___	___
Musculoskeletal System	___	___
Blood or Coagulation Disorders	___	___

Pulse _____ BP _____ Weight _____ Height (approx.) _____

	Normal	Abnormal	If Abnormal give details
EENT	_____	_____	
Cardiovascular	_____	_____	
Respiratory	_____	_____	
Abdominal	_____	_____	
Nervous System	_____	_____	
Musculoskeletal	_____	_____	
Other (Specify)	_____	_____	

FIT FOR SURGERY?

YES ___ NO ___

Date _____ Dr. Name _____ Dr. Signature: _____

Office Phone: _____
Dr. A. Crichton PRAC. ID # 8006-91108