



# PREPARING FOR YOUR OPHTHALMIC PLASTIC SURGERY BEFORE / DURING /AFTER

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

You have been scheduled for ☐ RIGHT EYE ☐ LEFT EYE ☐ BOTH EYES surgery

**DATE OF SURGERY:** \_\_\_\_\_ **Surgeon: Marsha Kavanagh, MD**

**ARRIVAL TIME:** Eyesight does not schedule your surgery time. You will be contacted by the surgery center the day before your procedure with your expected arrival time. You will be called **1-2 weeks prior to surgery to go over your medical history** and **again 1 business day prior to surgery with your arrival time.** (Note: your caller ID may not identify the surgery center name). If you have not heard from the surgery center by 3:30pm the day before your procedure, please contact them directly at 603-314-8035 to get your time.

## **SURGERY CENTER / LOCATION OF SURGERY:**

\_\_\_\_\_ **Coastal Surgical Center – 291 Shattuck Way, Newington NH**  
603-314-8035 (before 4:30pm)

\_\_\_\_\_ Wentworth-Douglass Hospital – 789 Central Ave, Dover NH  
603-740-2281 (after 6pm 603-740-2433)

## **YOUR AFTER-SURGERY APPOINTMENT – 1 WEEK**

Is in the ☐ Portsmouth ☐ Somersworth on \_\_\_\_\_ at \_\_\_\_\_  
Office Office

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## **PRIOR TO SURGERY**

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**IMPORTANT:** The surgical coordinator will contact your cardiologist (or your primary care physician if you don't have a cardiologist) if you need clearance to stop any anticoagulant medication.

**IF YOU HAVEN'T HEARD BACK FROM EITHER OUR OFFICE OR YOUR PHYSICIAN(S) WITHIN 2 WEEKS OF YOUR SURGERY, PLEASE CONTACT KIM AT 603-501-7868 x541.**

CARDIOLOGIST: \_\_\_\_\_

PRIMARY CARE PHYSICIAN: \_\_\_\_\_

# MEDICATION TO DISCONTINUE PRIOR TO SURGERY

## PRESCRIPTION MEDICATIONS

Only stop these medications **AS DIRECTED BY YOUR PRESCRIBING PHYSICIAN**

| Medication              | Number of Days to Stop Before Surgery<br>(As Directed by Your Doctor) |  |
|-------------------------|-----------------------------------------------------------------------|--|
| Apixaban                | ✓                                                                     |  |
| Aggrenox / Dipyridamole | ✓                                                                     |  |
| Aspirin                 | ✓                                                                     |  |
| Edoxaban / Savaysa      | ✓                                                                     |  |
| Eliquis                 | ✓                                                                     |  |
| Enoxaparin / Levenox    | ✓                                                                     |  |
| Plavix / Clopidogrel    | ✓                                                                     |  |
| Pradaxa / Dabigatran    | ✓                                                                     |  |
| Prasugrel / Effient     | ✓                                                                     |  |
| Ticagrelor / Brilinta   | ✓                                                                     |  |
| Warfarin / Coumadin     | ✓                                                                     |  |
| Xarelto                 | ✓                                                                     |  |
|                         | ✓                                                                     |  |

## NSAID's AND OVER THE COUNTER PRODUCTS

Do not take any of the following for **14 days prior to surgery**

### NSAIDs (Pain Relievers)

|                      |
|----------------------|
| Advil (Ibuprofen)    |
| Aleve (Naproxen)     |
| Celebrex             |
| Diflunisal / Dolobid |
| Etodalac / Lodine    |
| Indomethacin         |
| Ketoprofen           |
| Ketorolac / Toradol  |
| Meloxicam            |
| Motrin (Ibuprofen)   |
| Nabumetone / Relafen |
| Piroxicam / Feldene  |
| Voltaren             |

### Supplements & Other

|                         |                 |
|-------------------------|-----------------|
| CoQ10                   | Omega-3s        |
| Creatine                | Red Wine        |
| Curcumin                | Saw Palmetto    |
| Echinacea               | St. John's Wort |
| Fish Oil                | Turmeric        |
| Flax Seed Oil           | Vitamin E       |
| Garlic Supplements      |                 |
| Ginger Supplements      |                 |
| Ginkgo Biloba           |                 |
| Ginseng                 |                 |
| Glucosamine/Chondroitin |                 |

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## SURGERY PREPARATION

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- **You must have responsible adult designated to accompany you to and from surgery.** You will be asked to identify this person prior to surgery.
- **On the night before surgery, or the morning of, take a bath or shower and wash your hair thoroughly.** In the morning, wash your face with soap and water. Please make sure you remove all mascara or eyeliner.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY!**
  - This includes WATER, coffee, toast, juice, gum, etc.
  - You may brush your teeth but ONLY rinse/spit
- **Take your usual morning medications with a sip of water. If you take INSULIN or DIABETIC medication,** the intake nurse from the surgery center will provide instructions on how and when to take your medication. As always, bring your insulin with you to surgery.
- **Bring sunglasses or eyeglasses, and prescription ointment with you to surgery.**
- **You will be asked to change into a medical gown at the center. Please wear easy to remove clothing.** Do not wear makeup, jewelry (including wedding bands), nail polish, hairspray, perfume/cologne, or lotions. Deodorant is fine.

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## DURING SURGERY

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You must have a responsible adult designated to accompany you to and from surgery. You will be at the surgery center for about 2 hours.

After check-in, you will then be brought to the “short stay” area of the operating room. Many people, (doctors and nurses alike) will speak with you and several consent forms must be signed.

An intravenous line will be placed in your arm, and several eye drops will be placed in your eye(s). You will then be taken to the operating room and you will be given oxygen and given medication through an intravenous line to relax you.

You will be partially sedated during the procedure. The eye and skin around the eye will be cleaned and a drape will be placed over your body exposing your face. Recovery is fairly quick and, once cleared by the medical team, you will be ready to go home and rest.

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## AFTER SURGERY

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1. Use cold compresses over your eyelid(s). Every hour for 10-15 minutes on the 1<sup>st</sup> day after surgery and as needed the 2<sup>nd</sup> and 3<sup>rd</sup> day. The cold compresses will help to reduce the swelling of the eyelid and decrease discomfort. You may use an ice bag, put crushed ice in a zip-lock bag or cover a bag of frozen peas/corn with a clean towel.
2. Do not put ice directly on the eyelid(s).
3. It is normal for your tears to be blood tinged for the 1<sup>st</sup> day or 2<sup>nd</sup> day after surgery.
4. The effect of local anesthetic will wear off after 1 or 2 hours.
5. You may take Tylenol tablets every 4 hours as needed to relieve pain.
6. Do not take aspirin or aspirin containing products for 2 days after surgery, it may cause bleeding. Pain medication may be prescribed.
7. You may take a shower tomorrow, however, do not let the pressure from the shower hit the surgical site until the swelling and tenderness are gone. It may be helpful to gently wash your face in the sink. Be careful not to rub your eye until eyelid is healed. Dab/pat instead of wiping your eyes after surgery.
8. Before going to bed, place a small amount of antibiotic ointment on the incision site for the next 5 to 7 days or until eyelid is healed. The ointment may also be used directly into your eye to ease any irritation, but this will blur your vision.
9. PLEASE CALL DR. KAVANAGH AS SOON AS POSSIBLE if you experience sudden intense pain, bleeding, swelling or any other difficulties. Her cell phone number is located on the surgery sheet provided to you at the surgery center.

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## POST-ANESTHESIA CARE

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- No alcohol for 24 hours but resume your normal diet as instructed.
- Resume usual medications unless otherwise instructed
- No driving OR operating machinery for 24 hours
- No critical decisions for 24 hours
- You are at risk of falling for 24 hours Post Anesthesia. *Please be careful.*
- Call your doctor with any questions.

### **EYESIGHT CONTACT INFORMATION**

**Please contact your Eyesight surgical coordinator if you have any questions.**

**Primary: Kim Taylor - 603-501-7868 X541 or [KATaylor@EyesightNH.com](mailto:KATaylor@EyesightNH.com)**

**Backup: Phyllis - 603-501-7868 x221 / [PTastula@EyesightNH.com](mailto:PTastula@EyesightNH.com)**

Your procedure is scheduled for Coastal Surgical Center. If your procedure location is changed, our office will notify you.

## DIRECTIONS

### COASTAL SURGICAL CENTER

291 Shattuck Way  
Newington, NH 03801  
Phone: 603-314-8035



**Traveling North:** Take I-95 to Exit 4 on the left for US-4/NH-16 toward White Mountains. Keep left, follow signs for Newington/Dover/US-4/NH-16/ White Mountains. Take Exit 4 for Shattuck Way toward Newington Village. Turn right onto Shattuck Way. The surgical center is located 0.7 miles down the road on the right side with ample parking.

**Traveling South:** Take Spaulding Turnpike/NH-16. Take Exit 4 for US-4/NH-16 N toward Newington Village/Historic Sites/Dover/Concord. Continue 0.2 miles onto Nimble Hill Road and pass under Route 16. Turn right on Shattuck Way. The surgical center is located 1.5 miles down the road on the right side with ample parking.

**\*You must have** a responsible adult designated to accompany you to and from surgery. You will be asked to identify this person prior to surgery. Do not plan to use taxis, Ubers, or other public transportation for your procedures unless you also have a responsible adult with you.

**\*Anesthesia requires that someone stay with you for 24 hours after surgery.**



# Financial information regarding plastic surgery procedures

**Note: Eyesight Ophthalmic and the Surgical Centers bill insurance separately and collect fees separately.**

**Any fees due will be collected SEPARATELY by both Eyesight AND the Surgery Center PRIOR to surgery. These fees must be collected prior to surgery, or your surgery will be postponed.**

**Concerned about coverage? Contact your insurance plan prior to surgery.**

This is always the BEST way to ensure you will not have unexpected charges after your procedure. Your insurance plan will ask the following:

**What is the NPI number of the practice?**

**Eyesight Ophthalmic Services (for physician fees such as follow up care, evaluations, etc.)**  
**NPI: 1073736310**

**Coastal Surgical Center (for surgery, anesthesia, lenses, etc.)**  
**NPI: 1336713890**

They will likely provide you with a reference number. Please write that number down:

**Reference / Prior Authorization Number** \_\_\_\_\_

**CREDIT CARD POLICY AT COASTAL SURGICAL CENTER:** At the time of registration, they will request your credit card information. Your credit card numbers will be encrypted and stored securely off-site and not stored at the practice. Once your Explanation of Benefits (what the insurance company will pay towards your visit) is processed, they will wait 30 days to allow you time to pay the balance on your account. If your balance is not paid, your credit card will be charged for the outstanding balance that is your responsibility. Co-pays must be paid at the time of visit.

## SELF PAY / COSMETIC BLEPHAROPLASTY - UPPER EYELID with or without PTOSIS CORRECTION

The total for the surgery due to Eyesight includes the physician fee and any additional fees for special materials. Anesthesia and surgery center fees will be collected separately by Coastal Surgical Center.

**NOTE:** If any portion of your procedure is covered by insurance, these fees may vary. This information is provided for reference only and exact pricing will be provided after insurance authorizations are received

|                                                     | ONE EYE            | BOTH EYES          |
|-----------------------------------------------------|--------------------|--------------------|
| <b>EYESIGHT FEES</b>                                |                    |                    |
| PHYSICIAN SURGICAL FEE                              | \$ 1,700.00        | \$ 3,400.00        |
| <b>TOTAL COLLECTED FROM EYESIGHT</b>                | <b>\$ 1,700.00</b> | <b>\$ 3,400.00</b> |
| <b>COASTAL SURGICAL CENTER FEES</b>                 |                    |                    |
| FACILITY FEE                                        | \$ 1,102.00        | \$ 1,365.00        |
| ANESTHESIA FEE                                      | \$ 560.00          | \$ 720.00          |
| <b>TOTAL COLLECTED FROM COASTAL SURGICAL CENTER</b> | <b>\$ 1,662.00</b> | <b>\$ 2,085.00</b> |
| <b>TOTAL FEES FOR COSMETIC BLEPHAROPLASTY</b>       | <b>\$ 3,362.00</b> | <b>\$ 5,485.00</b> |

INITIALS FOR TREATMENT OPTION \_\_\_\_\_

I understand that the above charges are cosmetic in nature and will not be submitted to my medical insurance. My signature below verifies my understanding of the above statement. I also understand that surgery will not be performed until Eyesight receives this signed letter with all necessary signatures.

Coastal Surgical Center will contact you directly to collect the fees for your procedure prior to your scheduled surgery.

Surgery Date \_\_\_\_\_

\_\_\_\_\_  
Patient / Guardian (print)

\_\_\_\_\_  
Patient DOB

\_\_\_\_\_  
Patient / Guardian (Signature)

\_\_\_\_\_  
Date Signed

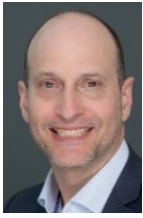
\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Date Signed

**PAYMENT IS DUE A MINIMUM OF 1 WEEK PRIOR TO SURGERY.**

**Payment Options:** Interest-free financing available for up to 24 months and extended payment plans are available through **www.CareCredit.com**. We also accept MasterCard, Visa, Cash or Check.

# Your family of Eyesight staff is here to assist you with every aspect of caring for your eyes.



Warren  
Goldblatt, MD



Jennifer  
Ling, MD



Christopher  
Turner, OD



N. Timothy  
Peters, MD

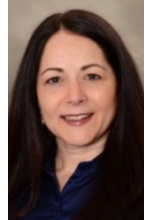


Jason  
Szelog, MD



Janet  
Rand, OD

Lauren  
McLoughlin, OD



Marsha  
Kavanagh, MD

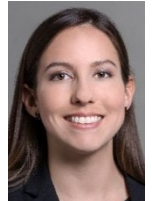


Nathaniel  
Sears, MD



Hilary  
Hamer, OD

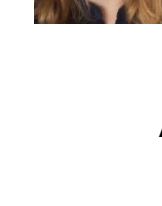
Renee  
Lynch, OD



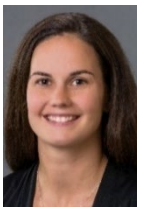
Timothy  
Sullivan, MD



Jonah  
Goldblatt, MD



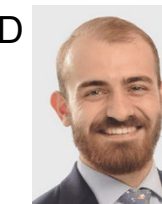
Dwight  
Arvidson, OD



Claudia  
Bartolini, MD



Qingjie  
Wang, MD, PhD



Stephen  
Arsenault, OD



Kinley  
Beck, MD

Greg  
Marrow, OD



## PORTSMOUTH

155 Borthwick Avenue, Suite 200 East - Portsmouth, NH 03801  
Tel: (603) 436-1773 Fax: (603) 427-0655

## SOMERSWORTH

267 Route 108 - Somersworth, NH 03878  
Tel: (603) 692-7500 Fax: (603) 692-7575

## EXETER

71 Portsmouth Ave #101 - Exeter, NH 03833  
Tel: (603) 778-1133 Fax: (603) 778-1055

## KITTERY, ME

99 US-1, Suite B - Kittery, ME 03904  
Tel: (207) 439-4958 Fax: (207) 439-4313

## SANFORD, ME

272 Cottage Street - Sanford, ME 04073  
Tel: (207) 324-3380 Fax: (207) 490-9174

[www.EyesightNH.com](http://www.EyesightNH.com)