

Alaska Children's Eye and Strabismus  
3500 LaTouche Street, Suite 280  
Anchorage, AK 99508  
907-561-1917 \* [info@AlaskaChildrensEye.com](mailto:info@AlaskaChildrensEye.com)

## Pre-operative instructions

- Please leave all your valuables at home. Remove nail polish and leave jewelry at home (this includes piercings or studs).
- Pre-register for your surgery. This involves calling the admitting department to give them your personal information 5-7 days prior to your procedure.
- Wear loose, comfortable clothing. Button down or zippered shirts are best to avoid pulling anything over your head after surgery.
- **Your surgeon may recommend that you discontinue aspirin and ibuprofen 2 weeks before surgery.** Please ask your doctor if it is safe to discontinue your aspirin if it was prescribed for a medical condition. If taking fish oil tablets, discontinue these 2 weeks before surgery.
- **Nothing (food) to eat or drink after midnight** the evening before surgery. (No water, coffee, juice or food). For infants and toddlers, see A.C.E&S. NPO policy.
- Bring a pair of sunglasses for after surgery.
- You will need a responsible adult to drive you home after your surgery.
- Have the doctor's contact number available. To reach a surgeon after hours call 561-1917, listen to the voice prompts and push "2" to speak with an operator to connect you with a doctor.
- Have acetaminophen (Tylenol) or ibuprofen (Motrin) available to use after surgery. Both are acceptable to use for pain after surgery. Get all of your post-op eye drops and/ or pain medications from the pharmacy before your surgery so that you have them available.

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