



Retina Orange County, Inc.  
Orange County's Most Advanced Retinal Care

16100 Sand Canyon Avenue  
Suite 385  
Irvine, California 92618  
t 949.732.0201  
f 888.421.7757  
www.retinaoc.com

Dear Patient:

Thank you for choosing Retina Orange County for your surgery. Dr. Vaidya has performed more than 1000 surgeries like yours, and will make your experience as painless and convenient as possible.

The secret to success in surgery is preparation. To that end, we want to provide you with the information that you need to get the most out of your surgery.

Before your surgery you will need to see your primary care physician to clear you for the operation. Basically, this will involve examining you and certifying that you are healthy enough for surgery. Anesthesia carries some risk to even the healthiest individual. At the very least, this requires:

Complete Blood Count	Hemoglobin A1c (if you are diabetic)
Basic Metabolic Profile	EKG

Any other testing your general doctor feels is necessary

Though the anesthesia that you typically get for this surgery is called a retrobulbar block (an injection of numbing medication behind the eye), you will also get relaxing medication from the anesthesiologist which will keep you in a "twilight" state. If you have had a colonoscopy, the anesthesia is quite similar. Many patients fall asleep during the surgery, some patients are awake, most patients feel nothing during the surgery.

If you take blood thinners, and if your primary care physician agrees, we would like you to stop Aspirin, Plavix or Coumadin at least 5 days before the surgery. If you have recently had an angioplasty and stenting within the last year, you **should not** stop your blood thinner. We will perform your surgery, but please inform us of the need for blood thinners.

Remember not to eat or drink after midnight the night before, or at least 8 hours before your surgery. If you take medications in the morning, you may do so with a small sip of water. If you are diabetic, do not take your oral medications after you stop eating. If you take insulin, take half your regular dose the night before. If you do eat or drink within 8 hours before your surgery, the surgery will be canceled.

Lastly, if you have any questions about the surgery, please call prior to your surgery. You will have a pre-operative visit one week before your surgery, where Dr. Vaidya can answer your last minute questions.

Again, thank you for choosing Retina Orange County.