



Eye Associates of Tucson

Before Surgery Instructions
Melanie L. McCarty, M.D.

Surgery location and directions

Your surgery will be scheduled at **Catalina Surgery Center** or **Tucson Medical Center**

Directions

Catalina Surgery Center address 7508 N. La Cholla Blvd. and it is located on the East side of La Cholla and North of Ina in the La Cholla Corporate Park. Foothills Mall is directly across the street. There is a stoplight at the intersection of La Cholla Blvd and Foothills Mall Drive. At the intersection, turn east into the Corporate Park then take the first right turn.

Tucson Medical Center address 5301 E. Grant Rd. and it is located on South of Grand Rd. and West of Craycroft Rd. Enter TMC, by turning North on Beverly light, and pull by 4 story Tucson Orthopedic Surgery Tower. You can valet park your car at no charge. Please go to 2nd floor to check in for surgery.

Surgery time

Surgery times are tentative until 48 hours before surgery. We will call you to confirm your surgery time.

Preparation for Surgery

- ◆ **Do not eat or drink ANYTHING 8 hours before surgery.** You may take your regular medications the day of surgery with a small sip of water.
- ◆ Discontinue Metformin 48 hours before surgery.
- ◆ Discontinue the following 2 weeks before surgery: Aspirin, ibuprofen, naproxen, ginseng supplements, garlic supplements, ginger supplements, high dose vitamin C, Omega-3, and fish oil
- ◆ You must arrive early so the staff can adequately prepare you for surgery.
- ◆ Wear a button up shirt that does not need to be pulled over your head.
- ◆ You will need a driver to and from the surgery center.

- ◆ **Please bring the completed paperwork from your Catalina Surgery folder before you arrive for surgery.**

Reduce Bruising

To reduce bruising you may choose to do the following:

- ◆ Take Arnica pills. These can be purchased at Eye Associates or at health food stores. Start 2 days before surgery and continue 2 weeks after surgery. Follow directions found in the packaging of pills.
- ◆ Eat fresh pineapple. Do not eat pineapple if you are diabetic. Eat 1/3 of a pineapple the day before surgery, 1/3 the day of surgery (after surgery) and 1/3 the day after your surgery.

Your post operative appointment is on _____ at _____ am/pm at the following location:

5240 E. Knight Dr. Suite 104 or

6130 N. La Cholla Blvd Suite 245

If you have any questions, please contact our surgery coordinators.

Minerva at 795-4202 extension 112 or

Michelle at 888-6600