

## UCLA Stein Surgery Center

Wasserman Building, 300 Stein Plaza  
Los Angeles, CA 90095  
Phone: 310-267-5813

# Preparing for Your Surgery

## Welcome to the UCLA Stein Eye Institute

Thank you for choosing the UCLA Stein Surgery Center for our upcoming procedure. We look forward to caring for you and are committed to providing the highest quality care. To ensure your scheduled surgery proceeds smoothly, please carefully follow the guidelines outlined below, in addition to any specific instructions provided by your doctor. **Please note that failure to follow these guidelines may result in a delay or postponement of your procedure.**

## Our Location

Edie & Lew Wasserman Building, 300 Stein Plaza, Los Angeles, CA 90095. You can contact us at (310) 267-5813 or (310) 267-5811.

## Pre-Admission Phone Confirmation

- You will receive a call from our staff (Registered Nurse) the afternoon before your surgery day with specific instructions about your surgery, when to arrive at the surgery center, when to stop eating and drinking, and will ask you questions about your medical history and current medications.
- If your surgery is on a Monday, you will receive the phone call the preceding Friday.
- Please tell the nurse if you recently had or currently have a cold or fever or other changes in your health, as well as any injuries, infections including teeth, or other conditions that may require postponement of your surgery.
- Please let the nurse know if you will need wheelchair assistance or have mobility issues.

## Interpreter Services

- Interpreter Services is available at no cost to you. Please notify our staff during the pre-admission phone call if you will need an interpreter.

## Advance Healthcare Directive/Power of Attorney

- If you have a completed Advanced Healthcare Directive or a Power of Attorney, please bring a copy with you on the day of admission.

## Preparing for Your Surgery

The following are general guidelines for preparing for your surgery. In addition, please follow the directions that you receive from your surgeon and ask your surgeon or primary care physician if you have any specific questions.

- Complete any tests that have been ordered prior to your surgery. The results are needed in advance for your physician to review before performing your procedure.
- Arrange for a responsible adult to drive you to surgery, accompany you to check-in, wait while you are in surgery and the recovery room and take you home after surgery. **Your surgery will be cancelled if you do not have a responsible adult available to take you home at the time of discharge.**
  - Due to safety concerns, using public transportation, with a taxi/bus driver or with a ridesharing service (Uber/Lyft) is not allowed. Your safety is our priority, and we need a responsible adult to assist you after your surgery.
  - Patients 8 years or younger require two adults to ride in the vehicle – one adult as the driver and the other with the child.

## When to stop drinking and eating prior to your surgery

For your safety, and to avoid any delay or cancellation of your surgery, it is very important that you follow the instructions provided about eating and drinking before surgery. You may brush your teeth, but do not swallow any water.

### Instructions for adolescents and adults (12 years and older):

- STOP eating food 8 hours before your arrival time. Solid food includes items that are part of your regular diet, as well as gum, candy, or mints.
- STOP drinking clear liquids 2 hours prior to the time you are told to arrive. Clear liquids include liquids you can see through (Pedialyte, water, apple juice, or Gatorade).
- Milk, dairy products, orange juice and sodas are NOT clear liquids.

## Instructions for infants and children:

*Infants younger than 6 months:*

- STOP breastmilk or formula 4 hours prior to your scheduled surgery time.
- STOP drinking clear liquids 2 hours prior to the time surgery is scheduled. Clear liquids include (Pedialyte, water, apple juice, or Gatorade).
- Milk, dairy products, orange juice and sodas are NOT clear liquids.

*Toddlers 6 months and older, but less than 3 years:*

- STOP eating food 8 hours prior to the time surgery is scheduled. Solid food includes items that are part of your regular diet, as well as gum, candy, or mints.
- STOP breastmilk or formula 6 hours prior to the time surgery is scheduled.
- STOP drinking clear liquids 2 hours prior to the time surgery is scheduled. Clear liquids include (Pedialyte, water, apple juice, or Gatorade).
- Milk, dairy products, orange juice and sodas are NOT clear liquids.

*Children 3 years and older, but less than 12 years:*

- STOP eating solid food 8 hours prior to the time surgery is scheduled. Solid food includes items that are part of your regular diet, as well as gum, candy, or mints.
- STOP drinking clear liquids 2 hours prior to the time surgery is scheduled. Clear liquids include liquids you can see through (Pedialyte, water, apple juice, or Gatorade).
- Milk, dairy products, orange juice and sodas are NOT clear liquids.

## Medications and supplements

- On the day of surgery, please take any medications specified by your surgeon, primary care physician, or nurse during the preoperative phone call.
- During your preadmission phone call, a nurse will give you instructions on which diabetic medications you can take the morning of surgery.
- Please bring important medications with you, such as those for blood pressure, diabetes, or seizures.

## On the Day of Surgery

Please arrive on time to give our staff time to get you ready for surgery. If you think you will be late, please notify us as soon as possible by calling 310-267-5813.

## Parking

Parking is available in the parking garage at **100 Stein Plaza**, opposite the Wasserman Building (300 Stein Plaza). The UCLA Stein Surgery Center does not validate parking or reimburse the parking fee. Please see the map at the end of this document.

### Effective July 1, 2025

A **tiered parking rate system** will be implemented at medical parking facilities (Medical Plaza, Jules Stein, and Ronald Reagan Medical Center).

#### New Rates

- Up to 1 hour: \$9
- Up to 2 hours: \$13
- Up to 3 hours: \$17
- Up to 6 hours: \$22
- Over 6 hours (Max Rate): \$28

## Checking in

The UCLA Stein Surgery Center is in the Wasserman building at 300 Stein Plaza. Please proceed to the lobby front desk to check in with the receptionist. The receptionist will give you further instructions upon your arrival.

## Personal items and valuables

- We recommend bringing only essential items such as glasses, dentures, hearing aids, canes, walkers, or wheelchairs to our facility.
- If you wear contact lenses or glasses, you will be asked to remove them before surgery.
- Leave valuables such as jewelry and watches at home or with your family. All jewelry must be removed prior to surgery.
- Wear comfortable, loose-fitting clothes and low-heeled shoes.
- Please do not wear make-up or fingernail polish.
- Please do not wear perfume. Other patients may be sensitive or allergic to fragrance.

- Please bring an ID, any insurance cards, and a small amount of cash or one credit card, which may be needed to pay for parking, for purchasing medication or paying insurance co-pay.

## Preoperative assessment

When you arrive at the lower level of the operating rooms, you will be escorted to the preoperative area where a nurse will ask you to change into a hospital gown and begin the preoperative assessment.

- An anesthesiologist will discuss the appropriate anesthetic options with you and answer your questions.
- An operating room nurse and your surgeon will speak to you to confirm the details of your surgery prior to going into the operating room.
- If you have not already done so, you will be asked to sign the following forms: “Consent for Procedure or Surgery” and “Consent for Anesthesia.”
- Children and minors under 18 years of age must have a parent or legal guardian available to sign the consent forms. **If applicable, please bring proper documentation that you are the minor’s legal guardian.**
- **Please bring documentation if you can legally sign consent forms for the patient.**

## Accompanying family and friends

To provide patients with the safest possible care, we limit the number of people allowed in the preoperative area. One person may accompany the patient in the preoperative area. Minors may have two accompanying adults.

During your surgery, family members and friends will be asked to wait in the reception area in the first-floor lobby of the Wasserman building.

## Post-operative care

Following surgery, you will be transferred to the post anesthesia care unit (PACU) or recovery room. You will be closely monitored as you recover from anesthesia and surgery.

- The recovery room nurse will let your family and friends know that the surgery has been completed and when you can have visitors.
- One person at a time may visit while in the PACU.
- It is not recommended that small children visit.

- The length of stay in the PACU will depend on many factors, such as type of anesthesia, length of procedure and any special instructions from your surgeon.

## Discharge instructions

While in the recovery room, your nurse will give you or your family written instructions that will include how to care for your surgical site and what to expect during recovery.

- Please ask questions regarding your care at this time.
- If medications are prescribed, you can pick them up from the Wasserman pharmacy located on the first floor or a pharmacy of your choice.

## Follow-up

If you have any immediate concerns about your medical condition once you arrive home, please contact your surgeon, or call the Ronald Reagan UCLA Medical Center page operator at 310-825-6301 and press 1. The operator will help you contact your surgeon or designated resident. If it is an emergency, dial 911 or go to an emergency room.

The day after your surgery you will receive a call from one of the recovery room nurses to make sure you are recovering properly. If your surgery was on a Friday, you should expect a call the following Monday morning.

## Share Your Experience

Thank you for choosing the UCLA Stein Surgery Center for your surgery. To help ensure that we are providing the best care possible, please provide us with some details about your experience. We value your feedback.

In the weeks following your surgery, you may receive a mailed or digital survey request from Press Ganey regarding your surgical experience. Please complete the survey and use the provided postage-paid envelope to mail your response.

If you would like additional information about UCLA Stein Eye Institute faculty and services, or about specific ophthalmic diseases and disorders, please visit [uclahelath.org/eye](https://uclahelath.org/eye).

## myUCLAhealth: Instant Access to Your Health Information

Available 24/7, myUCLAhealth offers patients personalized and secure online access to portions of their health information. Whether you're at work, on the road or at home, you can now actively manage your appointments, communicate securely with your care team, view lab results and much more. To learn more, visit [my.uclahealth.org](https://my.uclahealth.org).

Contact Us

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