



A Patient's Guide:

Preparing for Your Eye Surgery

A responsible adult shall accompany the patient to the surgery center for the duration of their procedure and recovery. We advise the patient to have assistance for 24 hours following surgery.

Your Scheduled Appointment Times

A Pre-Surgery History & Physical Exam must be scheduled by you with your Primary Care Provider within 30 days before your surgery (NO telehealth/zoom visits accepted)

** Separate charges apply for Pre-Operative Clearance Exam and tests performed before and after your surgery. They are not included in your surgery cost.*

Pre-Operative Clearance Exam by Primary Care Physician or PA-C*: _____

Date/Time: _____

Ultrasound Eye Measurement (A-scan) – for cataracts only*:

Date/Time: _____

Scheduled Surgery Date:

Date: _____ Doctor: _____

Tentative Check-In Time: _____

Please check in at **The Retina Surgery Center**
1750 112th AVE NE, Suite D-050 Bellevue, WA 98004 Ph: (425) 440-0180
(Located next door to the left of Pacific Northwest Retina Bellevue Clinic)

To reschedule or cancel your surgery call Scheduling Office: (425) 553-0791

Post-Operative Appointments:

Next Day Follow Up:

Date/Time: _____ Doctor: _____ Location: _____

One Week Follow Up:

Date/Time: _____ Doctor: _____ Location: _____

One Month Follow Up:

Date/Time: _____ Doctor: _____ Location: _____

To schedule a post-op or other appointments, please call the main line: (206) 215-3850



Pre-Operative Instructions

Before Surgery:

- After scheduling surgery, you will receive a text message and/or email asking you to complete our pre-assessment survey through **Patient Engagement**. Please complete this as soon as possible.
- The surgery check-in time that has been given to you is tentative. Please call The Retina Surgery Center one business day prior to your surgery to verify your check-in time at (425) 440-0180.
- **Stop eating all solid foods or liquids you cannot see through starting at MIDNIGHT the night before surgery. You may have clear liquids up to 2 hours before your scheduled check-in time.**
- **CARDIAC DEVICE**: If you have a pacemaker or internal defibrillator:
 - Notify your heart doctor that you are going to have surgery
 - Bring the following information to the Surgical Center:
 - The name and telephone number of your heart doctor
 - The identification card for your medical device

What to Bring:

- Driver License/photo ID
- Medical and pharmacy health insurance cards
- Credit/debit card to pay for possible copayments (see our surgery pre-collection policy)
- Any of the following that may apply:
 - A list of medications and doses
 - CPAP machine and notation of settings
 - The identification card for any implanted medical device you may have
 - The name and phone number of your heart doctor
- Leave all jewelry and other valuables at home.

The Morning of Your Surgery:

- You may brush your teeth and use mouthwash.
- Please take a shower. Hair and skin should be free of personal-care products such as hairspray, perfume, gels, aftershave, facial creams, make up, oils, lotions or hair conditioners.
- Do not wear contact lenses.
- Please wear a short-sleeved shirt and loose, comfortable clothing.
- **DO NOT consume any food (no mint, no chewing gum) or liquids you cannot see through. You may have clear liquids up to 2 hours before your scheduled check-in time.**
- Do take your usual prescribed medications, unless otherwise instructed. Do not take any vitamins or supplements until after surgery.

Planning Your Discharge:

- Please plan for your discharge needs with family and/or friends prior to your surgery. You should plan to be at the surgery center for **up to 4 hours** from the time you arrive (usually 2 hours including pre-op, procedure and post-op). Please be aware that wait times are estimates and surgeries may take longer than expected.
- Due to limited seating in the waiting area, please try to have only one chaperone with you and no minors if possible. Additional seating is available in Building Lobby 3 and 4.
- You **MUST** have an adult chaperone to accompany you home from surgery. The person who accompanies you does not have to wait at the surgery center for the duration of your surgery but must be reachable and available at all times and within a 15-minute proximity. The receptionist will ask for the driver/chaperone's name and cell phone number. If the driver/chaperone does not provide their cell phone number, they must remain in the facility and wait for the patient's discharge.
- You **MAY NOT** drive yourself or travel home by public transportation. You may take a taxi or other arranged transportation service (Uber, Lyft, HopeLink, Access etc.) **only if you have an adult chaperone with you at all times.**
- You will be sent home with an eye patch on the surgical eye and will not be able to drive to your next-day follow-up appointment. Please plan additional transportation accordingly. You do not need a chaperone for this appointment.

Changes in Your Health:

Please call The Retina Surgery Center at (425) 440-0180 if you experience any major change in your health before your surgery. Such changes may include a cold, flu/COVID symptoms, fever, infection, diarrhea, or medication changes.

*****Your surgery may be cancelled or postponed if the preoperative instructions are not carefully followed*****
*****We cannot proceed with surgery if you do not have a chaperone*****



Pre-Operative **Medication Instructions**

If you take a blood thinner or anticoagulant:

We recommend holding these medications prior to surgery for the following durations. **Please contact your prescribing provider to discuss stopping these medications.**

- Aspirin: 7 days
- Clopidogrel (Plavix): 5-7 days
- Apixaban (Eliquis): 48 hours
- Rivaroxaban (Xarelto): 48 hours
- Dabigatran (Pradaxa): 48 hours
- Warfarin (Coumadin): INR between 1.0-2.5

If You Have Diabetes:

- Do not take oral diabetes medications the morning of surgery.
- If you take insulin:
 - Take your usual dose of long-acting insulin the night prior to surgery.
 - If you take long-acting insulin in the morning, take HALF the usual dose the morning of surgery.
 - Do not take your short-acting insulin the morning of surgery.
 - If you have an insulin pump, continue at your usual basal infusion rate.
(Bring your insulin and your supplies with you).
- If you take any of these medications, hold for the following durations prior to surgery:
 - GLP-1 Agonists
 - Semaglutide (Ozempic / Wegovy / Rybelsis): 7 days
 - Liraglutide (Victoza / Saxenda): 7 days
 - Dulaglutide (Trulicity): 7 days
 - Exanetide (Byetta / Bydureon): 7 days
 - SGLT-2 Inhibitors
 - Empagliflozin (Jardiance): 72 hours
 - Dapagliflozin (Farxiga): 72 hours
 - Empagliflozin/Metformin {Synjardy}: 72 hours
 - Ertugliflozin (Steglatro): 96 hours

Pre-Operative Medication Instructions (continued)

Two Days Before Surgery:

- Stop taking all non-steroidal, anti-inflammatory medications (NSAIDs) such as:
 - Ibuprofen (Motrin, Advil)
 - Naproxen (Aleve)
 - Celecoxib (Celebrex)
 - Meloxicam (Mobic)
 - Diclofenac

On The Morning of Surgery:

- **DO NOT** take your diuretic (water pills) or potassium until after surgery.
- **DO NOT** take any digitalis medications such as Digitek, Digoxin or Lanoxin.
- **DO NOT** take any vitamins or supplements until after surgery.
- **DO** take your usual prescribed medications, unless noted above.
- **DO** take any inhalers and nebulizers as directed.

Questions? Contact us:

Check-in/ Arrival:

The Retina Surgery Center Front Desk, (425) 440-0180, Mon – Fri, 6:30 am – 4:00 pm.

Pre-operative Instructions: (206) 812-9469, Mon – Fri, 7 am – 3:30 pm

Surgery Scheduling: (425) 553-0791

Billing Direct Line: (425) 296-3833

Matrix Anesthesia: (425) 400-7908 email: billing@matrixanesthesia.com

For questions about your procedure or recovery, call your surgeon at (206) 215-3850

Surgeon After-Hours Line: 1 (800) 331-3719

What is anesthesia?

Anesthesiology is the practice of medicine where special drugs are used to cause portions of or your entire body to be less sensitive to pain. Anesthesia will enable you to tolerate a surgical or invasive medical procedure comfortably. Today's anesthesia practices allow a greater degree of safety and comfort than ever before, enabling a smooth start to your healing and recuperation

Who provides anesthesia?

Anesthesia services at The Retina Surgery Center is provided by Matrix Anesthesia, a group of physician anesthesiologists specifically trained to provide all types of anesthesia care and to treat side effects of anesthesia and co-existing medical conditions. Some of our anesthesiologists have special interest and training in cardiac, pediatric, obstetric or neurosurgical anesthesia, and in the treatment of chronic pain.

For questions regarding your anesthesia charges, please contact Matrix Anesthesia at (425) 400-7908 billing@matrixanesthesia.com.

What are the types of anesthesia?

Anesthetics are medicines that temporarily interrupt the transmission of painful nerve impulses to the spinal cord and brain.

General anesthetics work by producing a state of unconsciousness and inhibit the brain's perception of sensations.

Local anesthetics are applied to a specific area of the body to temporarily block painful impulses from being transmitted to the brain.

Sedatives are medicines given by mouth or intravenously that induce a relaxed and calm state that could include absence or hazy memories of the procedure.

Narcotics are medicines given intravenously or by mouth that decrease the intensity of pain.

Depending on the nature of your operation and medical condition, your anesthesiologist will formulate a plan with you that may include a combination of these techniques to optimize your care.

Complications of anesthesia

As with any type of medical care, there are risks associated with surgery and anesthesia. These risks vary with the type of procedure, anesthetic used, and your medical condition. Fortunately, our current technologies enable us to minimize the risk of any complications. Your anesthesiologist will discuss the risks, benefits and alternatives to the different anesthetic options with you as they pertain to you and your operation.

Consulting with your anesthesiologist

On the day of your surgery you will meet your anesthesiologist, who will review your medical record, clarify any questions about your medical history and perform a physical evaluation. You will then have the opportunity to discuss the plan for your care and have questions answered about the advantages, disadvantages and possible risks of your anesthetic.

The Consent for Surgery or Other Invasive Procedural Treatment Form you sign prior to your surgery includes the consent to the administration of anesthesia by an anesthesiologist and acknowledges your understanding and acceptance of the agreed upon anesthetic plan for your procedure.



Pacific Northwest Retina Clinic

Locations

Bellevue Office

1750 112th Avenue NE, Suite D050
Bellevue, WA 98004

Burlington Office

300 Fashion Way
Burlington, WA 98233

Seattle Nordstrom Medical Tower

1229 Madison St, Suite 620
Seattle, WA 98104

Bellingham Office

3105 Old Fairhaven Parkway, Ste. 103
Bellingham, WA 98225

Mountlake Terrace Office

6100 219th St SW, Suite 280
Mountlake Terrace, WA 98043

Ellensburg

2205 W Dolarway Rd, Suite 2
Ellensburg, WA 98926

Kent Station Office

321 Ramsay Way, Suite 107
Kent, WA 98032

Northgate

332 NE Northgate Way
Seattle, WA 98125

Sequim

601 Garry Oak Drive
Sequim, WA 98382 Ph: [\(360\) 683-5100](tel:(360)683-5100)

Silverdale

9800 Levin Road, Suite 203
Silverdale, WA 98383 Ph: [\(360\) 307-0300](tel:(360)307-0300)

Oak Harbor

231 SE Barrington Dr, Suite 208
Oak Harbor, WA 98277 Ph: [\(800\) 331-3719](tel:(800)331-3719)



Please go to our website for location addresses and driving directions
<https://www.pnwretina.com/retina-centers>

Accommodations

For your convenience, when you need accommodation arrangements, here are nearby hotels.
Inquire with the hotel if they offer shuttle service to The Retina Surgery Center.

Hotel 116, a Coast Hotel - Bellevue

625 116th Avenue NE

(425) 455-9444

The Red Lion Bellevue

11211 Main Street

(425) 455-5240

The Westin Bellevue

600 Bellevue Way NE

(425) 638-1000

Hilton Bellevue

300 112th Avenue SE

(425) 455-1300

Courtyard Marriott Bellevue

11010 NE 8th Street

(425) 454-5888

Residence Inn Bellevue

605 114th Avenue SE

(425) 637-8500

Extended Stay America

11400 Main St

(425) 979-7931

Extended Stay America

3700 132nd Ave. S.E.

(425) 800-5603

**You can use any major search engine online to find
hotels and accommodations near our facility by searching for
“hotels near 1750 112th AVE NE, Bellevue WA 98004, The Retina Surgery Center”
or zip code 98004, Bellevue.**

Patient Rights and Responsibilities

This facility and medical staff have adopted the following list of patient rights and responsibilities. This list includes, but is not limited to:

As a patient, you have the right to

- impartial treatment without regard to race, color, sex, national origin, religion, sexual orientation, handicap, or disability.
- be treated with dignity and respect.
- receive secure and safe care and to be protected from abuse, harassment and neglect and have knowledge of and access to protective services.
- knowledge of the name and professional status of those caring for you.
- be informed and agree to your care.
- receive information from the surgeons about your diagnosis, treatment plan, prognosis, and any unanticipated outcomes, to the best of the physicians' knowledge.
- participate actively in decisions regarding your medical care including being involved in resolving problems and unanticipated outcomes related to your care. Families will have input in care decisions in accordance with legal directives and court orders. To the extent permitted by law, this includes the right to refuse treatment. If the patient is judged incompetent or the patient has designated a legal representative or a family member, the person appointed/designated shall fully participate in decisions regarding the patient's care.
- spiritual care and communication and if communication restrictions are necessary for your care and safety, we will document and explain the restrictions to you or your family.
- full consideration of privacy concerning your medical care. Case discussion, examination and treatment are confidential and should be conducted as discretely as possible.
- be asked if you have an Advance Directive and if so, for it to be prominently placed in your chart.
- be advised that should an unexpected life-threatening event occur, you will receive resuscitative or other stabilizing measures and be transferred to an acute facility that will order additional treatment according to your wishes in your Advance Directive.
- confidential treatment of all communications and records pertaining to care. Written permission shall be obtained before medical records can be made available to anyone not directly concerned with your care.
- responsible responses to any reasonable request for service.
- leave the facility even against medical advice and to change providers if another qualified provider is available.
- expect reasonable continuity of care.
- be advised if the physician proposes to engage in or perform experimentation affecting your care or treatment and the right to refuse to participate in this activity without hindering access to care.
- be informed of the continuing health care requirements following discharge from the center.
- examine and receive an explanation of a bill for service, regardless of source of payment.
- complain about their care and treatment without fear of retribution or denial of care.
- report any comments or complaints concerning the quality of care provided to you and for the facility to provide a prompt resolution within fourteen (14) business days of your comment or complaint. In the event, after reasonable attempts have been made, that a resolution is not achieved within fourteen (14) business days, then you will be notified when you can expect a resolution.

As a patient, you are responsible for:

- providing accurate and complete information concerning your present complaints, past medical history and other matters relating to your health.
- making it known whether you clearly comprehend the course of treatment and what is expected of you.
- following the treatment plan established by the physician, including the instructions of nurses and other health care professionals as they carry out the physicians' orders.
- keeping your appointments and notifying the facility if unable to do so.
- providing a responsible adult to drive you home from the facility and stay with you for 24 hours after surgery.
- assuring that the financial obligations of your care are fulfilled as promptly as possible.
- being considerate of the rights of other patients and facility personnel.

FEEDBACK

Our goal is to provide the best surgical experience possible while in our Ambulatory Surgery Center. Patients, clients, families, or visitors have the right to express complaints or concerns about any aspects of their care or experience with our ASC without fear of discrimination or reprisal. Please be assured that expressing a complaint or concern will not compromise your care and will be addressed according to our policy. Concerns may be directed to any facility staff or the ASC Manager, or you may mail your comments to us. If you feel it is necessary, complaints may also be shared with: WASHINGTON STATE DEPARTMENT of HEALTH, HSQA COMPLAINT INTAKE, P.O. BOX 47857, OLYMPIA, WA 98504-7857, 360-236-4700, 1-800-633-6828, 360-236-2626(fax) HSQAComplaintIntake@doh.wa.gov. If you have been unable to resolve your concern with your plan or 1-800-Medicare, ask a 1-800-MEDICARE representative to submit your complaint or inquiry to the MBO (Medicare Beneficiary Ombudsman). The MBO will help to ensure that your inquiry is resolved appropriately.

STATEMENT OF PHYSICIAN FINANCIAL INTERESTS OR OWNERSHIP

Charles D. Birnbach, MD Tony Huynh, MD Todd R. Klesert, MD Yicheng Chen, MD Steve H. Kim, MD Cindy Mi, MD

Your physician has an ownership interest in Pacific Northwest Retina which includes the surgery center at which you are having your procedure. As with all your care, you may request to have your procedure performed at another facility where your surgeon has privileges to practice.



Charles D. Birnbach, MD
Nicolaas DeRuyter, MD
Tammy Hsu, MD
Steve H. Kim, MD
Frank Ma, MD
Loka Thangamathesvaran, MD

Yicheng Chen, MD
Eric Hansen, MD
Tony H. Huynh, MD
Todd R. Klesert, MD
Cindy W. Mi, MD
Amy Yuan, MD

1750 112th Ave NE, Ste. D050, Bellevue, WA 98004 Phone: 206-215-3850 Fax: 206-215-3870

SURGERY PRE-COLLECTION POLICY

Pacific Northwest Retina, PLLC (PNR) and The Retina Surgery Center, LLC (TRSC) have a surgery pre-collection policy for charges associated with your procedure. Please review and contact our office with any questions prior to your scheduled procedure. Billing Office direct line is 425-296-3833.

Services Covered by This Policy

- Facility fees. These are the charges for surgeries performed at the Retina Surgery Center and cover the cost of the facility, staff, and equipment; and
- Professional fees. This is the fee paid to your surgeon. It will be billed even if the surgery is done at a hospital. (in this situation the hospital will charge its own facility fee). Clinic laser procedures fall under this category.

Services NOT Covered by This Policy

The anesthesia services for surgeries performed at The Retina Surgery Center. You will receive a separate bill from Matrix Anesthesia, PS and will have to comply with their financial policy for these services. If you have questions regarding your anesthesia bill, please contact Matrix Anesthesia at 425-400-7908; email billing@matrixanesthesia.com

Policy

When you are scheduled for surgery or a laser procedure, a benefit determination estimate is prepared by a billing representative to identify your total out-of-pocket expenses (OPE). The OPE may include the deductible, copayment, and/or co-insurance amounts determined by your medical insurance payer. If you do not have insurance, the OPE will reflect the self-pay balance, not including the anesthesia services. You will receive a copy of the estimate by mail no later than one week prior to surgery. If your surgery is scheduled within two weeks a billing representative will attempt to contact you by phone to review the estimate with you, answer any questions, and collect the payment. Please note, when the surgery is scheduled within 3 business days from the date of the procedure, the out-of-pocket estimate may be reviewed with the patient during surgery check-in. You are responsible for payment of the entire estimated out-of-pocket balance up to three days prior to surgery.

Methods of payment are debit/credit card, check, or money order/cashier checks made payable to:

Pacific Northwest Retina. We accept CareCredit.

Any check mailed must be received by our office no later than three days prior to surgery.

Mailing address: 1750 112th Ave NE, Ste. D050, Bellevue, WA 98004

Alternative Payment Options

- Up-to 3-month payment plan may be granted when a minimum of a 50% down payment requirement is met. A 5% financing fee will be applied to the financed portion. *All payment plan arrangements **require a credit card on-file and must be set up prior to surgery.***
- Upon agreement to a payment plan a copy of the payment plan and payment plan checklist must be signed and returned to the billing office in order for the payment plan to be valid.
- **Retina Surgery Center surgeries:** an alternative is to perform your surgery in a local hospital. Some hospitals have facility fee cost-assistance programs for those with a demonstrable financial need. Your surgery can be rescheduled at the local hospital. Please be advised that the hospital facility fees are much higher than the facility fees for the surgeries performed at an ambulatory surgery center. Your Pacific Northwest Retina physician's professional fees will remain separately billed and subject to this surgery pre-collection policy.

When payment arrangements are not made in advance of your surgery, it may lead to cancellation of your surgery date.

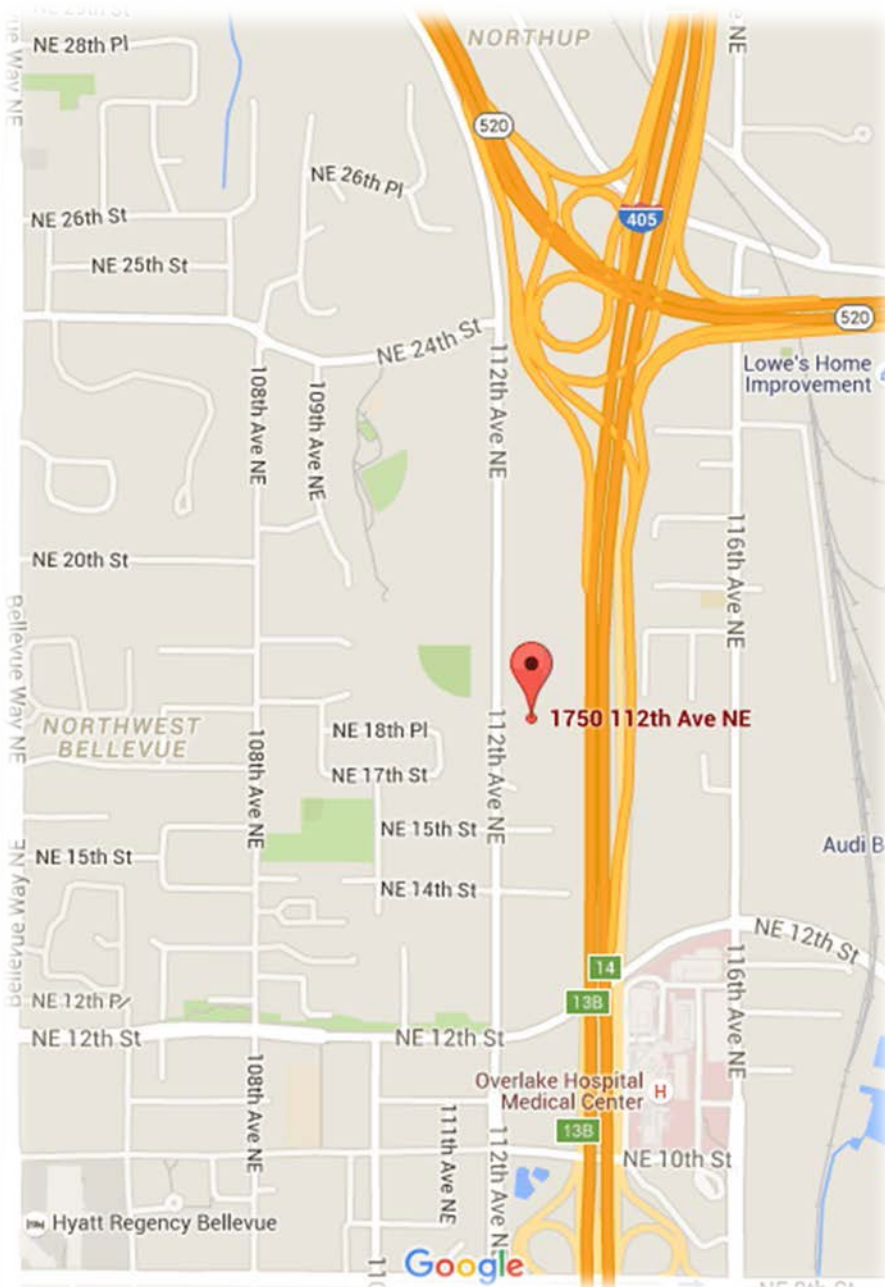
The Retina Surgery Center

at Hidden Valley Office Park
1750 112th Ave NE
Suite D 050-B
Bellevue, Washington 98004

Driving Directions

From the South

- Take I-405 North
- Take exit 13B for NE 4th St toward NE 8th Street
- Follow exit to NE 8th St West and cross freeway bridge
- At first light, turn right onto 112th Ave NE
- Drive North on 112th, past NE 15th St, and turn right into the Hidden Valley Office Park driveway
- Follow down the hill and veer to the left (We are the 2nd building on the left, BLDG D, next to Lobby #4)



From the North

- Take I-405 South
- Take the NE 8th St WEST exit 13B
- Exit onto NE 8th and get in the right lane
- At first light, sharp right onto 112th Ave NE
- Drive north on 112th Ave NE, past NE 15th St, and turn right into the Hidden Valley Office Park driveway
- Follow down the hill and veer to the left (We are the 2nd building on the left, BLDG D, next to Lobby #4)



From Highway 520

- Take 520 East (from Seattle) or West (from Redmond) to the I-405 Exits
- Take I-405 South (towards Bellevue) and follow the Southbound directions above