The doctors, nurses and technicians of Minneapolis Eye Center are eye surgery professionals with one clear purpose: To provide you with the highest quality eye care available, in an environment where your comfort and convenience are our top priority.

We maintain the most ADVANCED technology & services available in the industry

We offer the highest patient satisfaction, with scores CONSISTENTLY OVER 95%

EXPERIENCED DOCTORS who have performed OVER 60,000 SURGERIES

“I’m a person that hates doing anything to my eyes. Because of that I waited much too long to fix my cataracts. When I finally had the surgery with Northwest Eye it was the best decision! I hadn’t realized how bad my vision had gotten until I finally had clear vision again. Absolutely do it and don’t wait as long as I did.”

-Colleen Fisher, a recent Northwest Eye Cataract Patient

Feel free to call our surgery center anytime at 763-383-4150 with questions or concerns. Free parking is available on the north side of the building, and our main entrance is handicap accessible.
1 - Surgery

Procedure: ____________________________________________________ Eye: ________________________________

Date: ______________________ Arrival Time: ______________________ Surgery Time: ______________________

Please plan to arrive at the surgery center 30 minutes to 1 hour prior to your scheduled surgery time – depending on the type of procedure you are having and anesthesia needs. Scheduled times are sometimes adjusted to accommodate operating room needs. It is not uncommon to have your scheduled surgery time change. We will notify you if a change in time should occur.

Minneapolis Eye Center -
8401 Golden Valley Road Suite 340 - Golden Valley, MN 55427  763-383-4150

2 - Post-Op Appointments

1: ________________________________________________________________

2: ________________________________________________________________

3: ________________________________________________________________

☐ Elk River Clinic
   Suite C
   18157 Carson Court
   Elk River, MN 55330

☐ Golden Valley Clinic
   Suite 100
   8501 Golden Valley Rd.
   Golden Valley, MN 55427

☐ Maple Grove Clinic
   Suites 100 & 100A
   Arbor Lakes Medical Building
   12000 Elm Creek Blvd.
   Maple Grove, MN 55369

☐ Robbinsdale Clinic
   Suite 402
   Oakdale Medical Building
   3366 Oakdale Ave. N
   Robbinsdale, MN 55422

☐ St. Anthony Clinic
   Suite 1
   Silver Lake Village
   2601 39th Ave. NE
   St. Anthony, MN 55421

☐ Wayzata Clinic
   Wayzata Medical Center
   Suites 105 & 107
   250 N. Central Ave.
   Wayzata, MN 55391
At Minneapolis Eye Center, we strive to offer the highest quality services available while keeping our fees competitive with other facilities.

**INSURANCE**
Most medically necessary surgeries are covered by insurance or Medicare. Minneapolis Eye Center participates in many insurance plans and will bill your insurance company on your behalf.

We encourage patients to contact their insurance company to confirm that BOTH Northwest Eye and Minneapolis Eye Center are included within their network. A customer service phone number can be found on your insurance card or on the insurance company’s website.

**BILLING**
After your surgery, you will receive three separate bills that make up the complete cost of your surgery. You will be issued bills from:

1. **Your surgeon**
2. **Anesthesia services provider**
3. **Minneapolis Eye Center – for services provided by the facility**
Traditional Cataract Surgery - covered
Fees for this lens and surgery are usually paid by Medicare and other insurance plans (minus co-pay, co-insurance, and deductible). This standard surgery includes the following:
• The medical / therapeutic removal of the cloudy lens and replacement of the lens with a new monofocal lens.
• Standard preoperative testing
• Global aftercare for first 90 days

Advanced Refractive Laser Vision Packages
While we correct your cataract, Northwest Eye can also correct your vision as an elective procedure. Opting for an advanced refractive laser vision package in conjunction with your cataract surgery may free you from a life of contact lenses or glasses. But like contacts or glasses, no single solution addresses every eyesight issue, so Northwest Eye Clinic offers a variety of options to suit your vision diagnosis.

Northwest Eye offers three Advanced Packages and have staff available to answer any questions you may have in regard to each package. All three packages include the following additional benefits that are not covered by traditional cataract surgery:
• Additional advanced diagnostic technology, testing and pre-operative measurements
• State of the art laser-assisted technology during surgery
• Extra post-operative appointments and laser enhancements (if necessary)
• Generally a quicker and more comfortable recovery
• The desired refractive target of your choice
• Global aftercare for the first 180 days after surgery

■ Single Distance Vision Package - $1,750/eye
■ Distance + Reading Monovision Package - $1,950/eye
■ Distance + Reading Multifocal/Accommodating Package - $2,950/eye

The Advanced Refractive Laser Vision Packages listed above are NOT covered by insurance and costs associated with these procedures are IN ADDITION to any co-pay, co-insurance and deductible charges that your insurance company may bill you for traditional cataract surgery.

For more information on these Advanced Refractive Packages, please discuss with your surgeon and our cataract consultant.
Janice M. Sinclair, M.D.

Janice M. Sinclair, M.D., is an ophthalmologist and partner with Northwest Eye, practicing comprehensive ophthalmology, with particular interests in medical ophthalmology, refractive surgery, and oculoplastics, including Botox treatments. She has been a member of Northwest Eye’s respected team of doctors since 2000.

Dr. Sinclair grew up in the Battle Creek area of St. Paul. She completed her undergraduate education in pre-medicine at the University of Minnesota, receiving a B.A. summa cum laude in piano performance and a minor in French. She received her Doctor of Medicine degree at the University of Minnesota Medical School, and was awarded both the Minnesota Medical Foundation Medical Student Achievement Award and the Metropolitan-Mount Sinai Outstanding Senior Medical Student Award. After an internship at Hennepin County Medical Center, Dr. Sinclair completed her residency in ophthalmology at the University of Minnesota. While in residency, she received the Department of Ophthalmology Best Teaching Award for Residents. She maintains an active interest in teaching as a clinical assistant professor at the University of Minnesota.

Dr. Sinclair is board-certified by the American Board of Ophthalmology and is a member of many professional societies, including the American Academy of Ophthalmology, Minnesota Academy of Ophthalmology (for which she serves on the board of directors), International Society of Refractive Surgery, Contact Lens Association of Ophthalmologists, American Medical Association, Minnesota Medical Association, Twin Cities Medical Society, and Physicians for Social Responsibility.

Dr. Sinclair is originally from Scotland. She lives in Minnetonka with her husband, Bryan Nelson (who practices family medicine with HCMC at their Golden Valley clinic), and their two young daughters. In her spare time, she enjoys traveling, playing and listening to music, and learning about hedgehogs. She is also a computer (all things Apple) and digital photography enthusiast.
Timothy J. Ehlen, M.D.

Timothy J. Ehlen, M.D., is a comprehensive ophthalmologist and partner at Northwest Eye, specializing in cataract and refractive surgery. He has been a member of Northwest Eye’s respected team of doctors since 1998.

Dr. Ehlen received his undergraduate B.A. degree in chemistry from St. Olaf College in Northfield, Minnesota. After a year of post undergraduate work in the discipline, his true calling for medicine became apparent. He received his Doctor of Medicine degree from the University of Minnesota Medical School. After an internship at Hennepin County Medical Center, he went on to complete his ophthalmology residency at the University of Minnesota. He maintains a position at the University of Minnesota as a clinical assistant professor of ophthalmology.

Dr. Ehlen is board-certified by the American Board of Ophthalmology and is a member of many professional organizations including the American Academy of Ophthalmology, Minnesota Academy of Ophthalmology, International Society of Cataract and Refractive Surgery, American Medical Association, Minnesota Medical Society, and the Twin Cities Medical Society.

Dr. Ehlen and his wife of 18 years enjoy spending time with their four children. Dr. Ehlen and his wife are involved in many volunteer activities in their community, school and church. Dr. Ehlen enjoys coaching his children and can be seen at a hockey arena or a soccer field most days of the year.

He also has a love for the outdoors, where he enjoys running, biking, downhill skiing, golfing, yard work and backyard fires with friends and family.
John S. Berestka, M.D.

John S. Berestka, M.D., is a comprehensive ophthalmologist and partner at Northwest Eye, specializing in corneal, glaucoma, cataract and refractive surgery. He has been a member of Northwest Eye’s respected team of doctors since 1996.

Dr. Berestka received his undergraduate degree from the University of Notre Dame and his Doctor of Medicine degree from Johns Hopkins University. After an internship at Hennepin County Medical Center, he completed an ophthalmology residency at the Harvard Medical School’s Massachusetts Eye and Ear Infirmary. He also traveled to India for an externship at the Aravind Eye Hospital in Madurai. Following his residency, Dr. Berestka completed a fellowship in cornea, glaucoma, and refractive surgery at the Phillips Eye Institute in Minneapolis.

Dr. Berestka has served on the faculties of both Harvard and Northwestern Universities. He is currently a Clinical Assistant Professor of Ophthalmology at the University of Minnesota. He teaches cataract surgery at the Minneapolis VA Medical Center. He has also served on the American Academy of Ophthalmology’s Education Committee where he helped to write the curriculum taught to ophthalmology residents. Dr. Berestka was chosen by the American Board of Ophthalmology to help create written and oral board examination questions for board certification. He is a member of the Minnesota Academy of Ophthalmology, American Society of Cataract and Refractive Surgery and Minnesota Medical Association. Dr. Berestka is board-certified by the American Board of Ophthalmology.

Dr. Berestka felt his calling to ophthalmology when he first witnessed a corneal transplant. The most rewarding part of his career is restoring vision to patients with complex eye problems.

Dr. Berestka shares his life with his wife, Lynette, who is also an ophthalmologist, and their three sons. He is an accomplished skier and taught skiing in Switzerland for a winter. He also enjoys sailing, jazz and classical piano, and photography.
Matthew R. Ramsey, M.D.

Dr. Matthew Ramsey, M.D., is an Ophthalmologist at Northwest Eye practicing comprehensive ophthalmology. Dr. Ramsey joined Northwest Eye’s team of respected doctors in 2010.

Dr. Ramsey earned his Bachelor of Science degree from St. Olaf College and his Doctor of Medicine at St. George’s University School of Medicine in Grenada, West Indies. He went on to complete residency programs at Mercy Catholic Medical Center in Darby, PA, and Drexel University College of Medicine in Philadelphia, PA. Dr. Ramsey is board-certified by the American Board of Ophthalmology and is a member of the American Academy of Ophthalmology and the Minnesota Academy of Ophthalmology.

Dr. Ramsey shares his life with his wife, Erika, and two children. Outside of his practice, he is an active athlete, participating in triathlon competitions. He also enjoys going north to the Boundary Waters and spending time on the lakes around the Twin Cities.

Dr. Ramsey was first inspired to become an eye doctor by his father, who practices ophthalmology in Salt Lake City. He spent many of his younger years working as an ophthalmic technician at his father’s office, earning money for college and graduate courses.

Getting to know patients and learning a little bit about their lives is the most rewarding part of practice for Dr. Ramsey. Having the privilege to apply his talents to improve people’s vision and listening to them revel at the difference in their vision before and after cataract surgery, in particular, is very fulfilling for him.
Stan Walker, M.D.

Stanley D. Walker, M.D., is a comprehensive ophthalmologist and partner at Northwest Eye, specializing in cataract, LASIK, and glaucoma surgery. He has been a member of Northwest Eye’s respected team of doctors since 1991.

Dr. Walker graduated from the Mayo Medical School in Rochester and completed his residency in ophthalmology at the Mayo Graduate School of Medicine. Dr. Walker extended his training with an externship at Moorfield’s Eye Hospital in London, England. While in England his focus was on emergency eye care and trauma.

Dr. Walker and his two brothers are all physicians - Randall is an Infectious Disease Specialist at the Mayo Clinic and Kevin is a Pediatric Orthopedic surgeon at Gillette Children’s Hospital. All three are Eagle Scouts and graduates of the University of Notre Dame. Following his training at Mayo, Dr. Walker served as fellow and medical director on the flying eye hospital, Project Orbis. With Project Orbis Dr. Walker helped coordinate surgical skills exchange in Iraq, Jordan, Egypt, Malta and Bulgaria.

Following his time overseas, Dr. Walker focused his surgical skills in complex glaucoma and cataract surgery by taking a fellowship at Emory University in Atlanta, Georgia. While at Emory, he was appointed to the medical faculty and served on the glaucoma service before returning to the Twin Cities.

Dr. Walker is board-certified by the American Board of Ophthalmology and is a member of many professional societies, including the American Academy of Ophthalmology, Minnesota Academy of Ophthalmology, International Society of Refractive Surgery, American Medical Association, Minnesota Medical Association, and Twin Cities Medical Society. He also serves as a Clinical Assistant Professor at the University of Minnesota.

Dr. Stan is an avid reader; studying theology, philosophy, metaphysics and archaeology. He also enjoys all sports, trout fishing, photography and public speaking.
Nicholas Schmitt, M.D.

Nicholas J. Schmitt, M.D., is an ophthalmic plastic and reconstructive surgeon and partner at Northwest Eye, specializing in the management of deformities and abnormalities of the eyelids, lacrimal (tear) system, the orbit (the bony cavity surrounding the eye), and the adjacent face. He is also the resident expert in injectables, helping patients look and feel their best with products such as BOTOX®, Restylane®, and JUVÉDERM™. He has been a member of Northwest Eye’s respected team of doctors since 2005.

Dr. Schmitt completed his undergraduate studies in pre-medicine at the State University of New York at Buffalo, as well as the University of Miami, receiving both a B.S. in Electrical Engineering and a B.M. in jazz guitar performance. He obtained his Doctor of Medicine degree from the University of Rochester School of Medicine, and then completed his internship and residency in ophthalmology at the University of Rochester Medical Center. He went on to complete a fellowship in oculoplastics and neuro-ophthalmology at Drexel University of Pennsylvania - Allegheny General Hospital in Pittsburgh.


Outside of Northwest Eye, Dr. Schmitt enjoys music and walking his dogs, as well as being active in diving, hiking, and skiing, in particular. For Dr. Schmitt, the highlights of his profession are his ability to provide a wide variety of oculoplastic and reconstructive procedures for patients with many different needs, as well as having the opportunity to help people of all ages, from infants to seniors. Dr. Schmitt is inspired by the great staff and doctors at Northwest Eye each and every day.
A preoperative history and physical exam must be completed by your family physician within 30 days of your scheduled procedure. If your doctor asks, please inform him/her to perform his/her standard exam and to send the results to the Minneapolis Eye Center. An instruction sheet for the doctor is included in the paperwork you receive.

If you have a pacemaker/defibrillator please have a copy of the most recent check - within 6 months.

You do not need to discontinue blood thinners for cataract surgery. You MUST stop taking blood thinners 10 days before oculoplastic and glaucoma surgery. Also, discuss with your primary physician diabetic medication for the day of your surgery.

The evening before surgery, do not eat or drink anything after midnight. If your surgery is in the afternoon, you may have toast and clear liquids up to 6 hours before your scheduled arrival. No alcohol for 24 hours before and after your surgery.

Start eye drops 3 days prior to surgery. Please bring your eye drops to surgery and to all post-op visits.

Prior to your surgery please go on-line to register and submit your medical history. An instruction sheet will be included in the paperwork you receive.

Please bring a photo ID, insurance card, and any co-pay you are responsible for.

Arrangements must be made for someone to take you home and remain with you for at least 6 hours after discharge. We would like your driver to stay at the surgery center during your procedure.

You will receive a call 1 to 2 days prior to your surgery to go over your instructions. Make sure we have the phone number of another contact person if we are unable to reach you.

Wear comfortable, casual clothing that buttons down the front. Do not wear make-up, lotion, perfume, aftershave, or jewelry.

Leave valuables at home.
Please plan to arrive at the surgery center **30 minutes to 1 hour** prior to your scheduled surgery to complete the administration process and prepare for your surgery.

Here is what you can expect on the day of your surgery:

- Check in with the receptionist upon arrival.
- You or your legal guardian/power of attorney will be asked to sign consent forms to authorize your procedure if this has not been done prior to your arrival. Proof of legal guardianship or power of attorney is required.
- Provide current insurance card/Medicare card and picture ID. These will be copied and returned to you.
- Any self-pay or co-pay fees are due at check-in the day of your surgery.
- Please bring a copy of your Advanced Healthcare Directive with you.
- You will be given a sedative medication and eye drops will be given to help you relax and make you feel more comfortable.

**Your family member/driver needs to stay on site** throughout your surgical procedure. They will be given oral and written discharge instructions.
The following guidelines are intended to help you return to your normal routine as quickly as possible after surgery:

- Be sure to arrange for someone to stay with you for six hours after surgery and be available for the first 24 hours after surgery. No driving for 24 hours after surgery.

- Use eye medications as labeled and resume all other medications as prescribed. A nurse will review these with you after your surgery.

- Do not rub eyes, exercise, or lift over 20 lbs. for two weeks after surgery. Consult with your surgeon if you have questions regarding a specific activity.

- Do not wear eye make-up for up to two weeks unless approved by your surgeon.

- You may continue your normal diet after surgery. No alcohol for 24 hours after surgery.

- Additional instructions will be provided on the day of surgery for all eyelid surgery patients.

Thank you

Thank you for trusting your eye care to the professional staff and surgeons of Northwest Eye and Minneapolis Eye Center.