



Instructions for Patients Having Cataract Surgery

Any time	If you are sick or are on any antibiotics when your surgery is scheduled, please let us know as soon as possible.
14 Days before surgery	<input type="checkbox"/> Please stop all weight loss medications (See list provided at Pre-Op)
3 Days before surgery	<input type="checkbox"/> Discontinue use of make-up, mascara, lotion, sunscreen, and/or creams to the face <input type="checkbox"/> Apply warm compresses (such as Nummies, warm washcloth, etc) to your eyelids and allow the compress to sit for at least 5 minutes. This needs to be done nightly. <input type="checkbox"/> Following the warm compress, while keeping your eyes closed, gently cleanse around your eye to include your upper and lower eyelids (recommended with OcuSoft Lid Scrubs or a mild unscented soap). This needs to be done nightly. <input type="checkbox"/> Follow with a rinse of warm water. This needs to be done nightly.
2 Days before surgery	You will be called by a surgery coordinator with your check in time for surgery. <u>Please do NOT use the times on the Patient Portal.</u> Those are estimated times of the surgery, not check-in times.
1 Day before surgery	<input type="checkbox"/> Coumadin / Warfarin Patients: You will need to have an INR drawn within 24 hours prior to your procedure, with a result of under 3.0 <input type="checkbox"/> Eat light meals <input type="checkbox"/> Avoid alcohol, cannabis, and other narcotic medications unless it is deemed necessary by your Primary Care Physician
Day of Surgery	<input type="checkbox"/> <u>Plan to have someone, other than yourself, drive you to and from your procedure.</u> It is required by the surgery center that you have transportation arrangements after surgery, and public transportation <u>may not</u> be substituted. <u>Your ride is required to stay</u> at the surgery center throughout the duration of your visit. (2-3 hours) <input type="checkbox"/> Nothing to eat or drink 8 hours prior to your check in time. This includes candy, gum, cough drops, mints, etc. <input type="checkbox"/> Take all medications as normal with a sip of water, except oral and injectable diabetic medications. Please contact the surgery center for further instructions. <input type="checkbox"/> Wear loose, comfortable clothing, preferably something that buttons, clasps, or zips over your torso so the surgical team can easily place EKG leads on your upper chest and lower belly. <input type="checkbox"/> If you use oxygen, please bring your portable unit with you. <input type="checkbox"/> Bring the cataract post-operative kit, eye drops, instructions, photo ID, insurance cards and applicable copays.



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After Surgery	<ul style="list-style-type: none"> <input type="checkbox"/> You will be using eye drops for several weeks after surgery. On the day of your procedure, you will use your drops every 2 hours while awake, unless otherwise instructed by the recovery room team. <input type="checkbox"/> If the operating room placed a NON-see-through patch (typically white) over your eye, please do not remove it until the office removes it at your one-day post-operative appointment. <input type="checkbox"/> You must have someone stay with you for the first 24 hours after your surgery.
1 Day after surgery	<ul style="list-style-type: none"> <input type="checkbox"/> You must have someone drive you to your one-day post-operative appointment. <input type="checkbox"/> Please bring all drops to EVERY post-operative appointment. <input type="checkbox"/> Begin the drop schedule provided to the post-operative appointment the DAY AFTER your procedure. <input type="checkbox"/> You should wear your “Solar Shields” (sunglasses) when outdoors for comfort (there is no specified time frame that you must wear the “Solar Shields.”)
For 1 week following surgery	<ul style="list-style-type: none"> <input type="checkbox"/> You need to wear the clear patch at bedtime and/or naps for 1 week <input type="checkbox"/> No make-up, lotions, and/or creams around the eye <input type="checkbox"/> Avoid strenuous exercise (running, golf, etc) <input type="checkbox"/> Avoid lifting, pushing, or pulling anything over 25 pounds <input type="checkbox"/> Avoid excessive bending with your back. Bending at the knees is preferable <input type="checkbox"/> Avoid getting water in your operative eye (swimming, spas, etc.). Showering as normal is ok after 24 hours but avoid getting soaps and direct water streams in the operative eye.
Please Keep In Mind	<p>You will be able to see out of the operative eye during the first 1-2 weeks of healing, but your vision may be blurred throughout this period of adjustment.</p> <p>The following symptoms are normal the first few weeks following the surgery:</p> <ul style="list-style-type: none"> » Scratchy feeling » Black arc, shadow, or flicker in your peripheral(temporal) vision » Aching and/or sensitivity to light » Blurry and /or foggy vision, especially the first few days <p>After your eye heals, you may need to wear glasses for your best vision.</p> <p>It is normal to feel some scratchiness and/or irritation during the first few days following surgery; however, SEVERE PAIN OR SUDDEN VISION LOSS IS NOT NORMAL. Should one or both occur, please call (505) 346-0500 immediately.</p>