

## PRE-OP INSTRUCTIONS

Thank you for choosing to have your cataract surgery at the *Southtowns Eye Center*. The pre-operative care of your eye is very straightforward and very important for proper healing.

### Prior to your surgery:

- We will schedule your medical clearance appointment with your primary medical doctor before your surgery.
- A week before your surgery, your eyedrops will be sent to your pharmacy.
- Please arrange transportation to and from the surgery center as you will not be able to drive after surgery.
- 3 Days prior to your surgery, start using eye drops in the eye that is to be operated on. Wait 5 minutes in between drops so that the eye has time to absorb the medicine fully.
- Please remove all eye make-up with make-up remover or baby shampoo. Do not wear any make-up, lotions or perfume the day of surgery.
- **DO NOT EAT ANY SOLID FOOD OR MILK PRODUCTS AFTER MIDNIGHT, the night before your surgery.**

### The Day of Surgery:

- Bring 1) all eye drops, 2) your drop schedule, and 3) folder with you into surgery.
- Please wear a shirt that buttons down the front.
- Take your regularly scheduled medication as instructed by your primary care doctor with a sip of water. If you are Diabetic and are on insulin, bring it with you into surgery. If you take Coumadin, take it as you normally do.

### What to expect:

- After completing some paperwork, the nurses will place an IV in your arm and instill some eye drops to dilate your pupils. This preparation may take an hour.
- You are brought into the operating room, your surgeon will greet you, and the anesthesiologist administers a sedative in your IV. Your eye will be fully numbed.
- You will be repeatedly asked which eye will be operated on. This is done on purpose to make absolutely sure the operation is performed on the correct eye.

### What you will feel/see:

- Oxygen will be placed near your mouth/nose and your face will be covered with a sterile drape.
- You will feel some light pressure, cool water, and perhaps your surgeon's hands resting against your cheek. You will feel no pain.
- **YOU WILL NOT SEE THE SURGERY BEING PERFORMED.** You will see bright lights, beautiful colors, and shadows. You do not have to worry about blinking during surgery.

- The surgery takes approximately 15-20 minutes. After the surgery, the vision gradually improves within a few hours to a few days. The eye visually recovers completely after 4 weeks.
- In the Recovery room, the nurses will check your blood pressure, give you juice and review the post-op instructions before you leave.
- It is important that your driver remain in the waiting area during the procedure, as it is a quick process, and you must have someone waiting in order to leave.

**Right After the Surgery:**

- Since the IV sedative from surgery may leave you feeling a little sleepy for the next 24 hours, do not drive, operate hazardous machinery, or drink alcoholic beverages.
- You may resume your normal diet and medication schedule.
- If you have any aching, you may take Tylenol, Advil, Motrin etc.
- Gently wipe away any discharge from your eyelids with a clean facecloth and warm water.
- On the day of surgery, TAKE IT EASY! No cleaning, no heavy lifting, no straining, etc. Only resume light activities.
- Your eye drop medication is very important. Use them as directed on your schedule.

Keep your **NEXT DAY appointment** at the Southtowns Eye Center.

Bring your **1) eye drops, 2) drop schedule, and 3) folder** with you into the office for all your post op appointments.