

**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 important for proper healing of your eye.

**Prior to your surgery:**

- We will schedule your medical clearance appointment with your primary medical doctor before your surgery.
- Please arrange transportation to and from the surgery center since you will not be allowed to drive after surgery.
- 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 OR DRINK ANYTHING AFTER MIDNIGHT. (except for a sip of water with medication)**

**The Day of Surgery:**

- Bring 1) your eye drop(s), 2) your drop schedule,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. Take blood thinners as you normally do, unless otherwise directed.

**What to expect:**

- After completing some paperwork, the nurses place an IV in your arm and instill 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 anxiety medicine in your IV. Your eye will be fully numbed.
- You are 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 body will be covered with a sterile drape leaving only your eye exposed.
- 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 is usually blurry from the medication placed in your eye. The eye visually recovers completely after 4 weeks.

- o In the Recovery room, the nurses will check your blood pressure, give you juice and review the post-op instructions before you leave.
- o It is important that your driver remain in the waiting area during the procedure, since it is a quick process, and you must have someone with you in order to leave.

**Right After the Surgery:**

- You may leave you feel a little sleepy for the next 24 hours.
- Diabetics may find your sugars a bit higher from IV medications
- Do not drive, operate hazardous machinery or drink alcoholic beverages
- You may resume your normal diet and medication schedule.
- If you have any discomfort, 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 as directed on your schedule.
- It is normal to feel like something is in your eye the day of surgery. This normally improves the next day.
- Flickering lights and black spots are also normal after surgery.

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

**Bring to your follow-up appointments:**

**1) Eye drop(s)**

**2) Eye drop schedule**

**3) Folder**