



# NORTH TORONTO EYE CARE

LASER & EYE SPECIALISTS

## You are Scheduled for Cataract Surgery at TLC Yonge and Eglinton 2345 Yonge St. Suite 212

Your \_\_\_\_\_ eye is scheduled for: \_\_\_\_\_

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**Time will be issued 1 week prior to surgery.**

Cataract surgery is a fast and easy procedure. The total time spent at the centre is about 3-4 hours. During the procedure you will receive an IV to give you medication to stay relaxed, because of this medication you may feel sluggish for a few hours post surgery and you **MUST** have someone accompany you home.

### **Before you have surgery**

- Please have your pre-op forms faxed to 416-748-8582. You must also see your family doctor to have the doctor fill out forms. If this is your second surgery you do not need to have them filled out again.
- Fill your prescription at the pharmacy and then start your drops 2 days before surgery. If this is your second eye please get a second set of drops, you have a repeat on the original prescription.

### **Drop Instructions**

	<b>Drops:</b>	<b>Besivance</b>	<b>Lotemax Gel</b>	<b>Nevenac</b>
<b>Before Surgery</b>	<b>2 days before surgery</b>	1 drop/ 3 times a day	1 drop/ 3 times a day	1 drop/ 3 time a day
<b>After Surgery</b>	<b>Until bottle is empty</b>	Continue 1 drop/ 3 times a day until the drops run out	Continue 1 drop/ 3 times a day until the drops run out	Continue 1 drop/ 3 time a day until the drops run out

## On the Day of Surgery

- Do not **eat any food** after midnight the night before surgery
- Do not **drink any fluids** other than water, apple juice, herbal tea, vitamin water, or Gatorade (drinks you can see through) up to 3 hours before surgery. Caffeinated beverages like tea and coffee, carbonated beverages like ginger-ale and sprite, and all alcoholic drinks, are **strictly forbidden before surgery**. You must stop all liquids 4 hours before surgery.
- Take your **Blood Pressure** and all other prescribed pills on the morning of your surgery
- **Do not** take your **Diabetes pills** on the morning of surgery
- Remember to take your prescription eye drops before you leave for surgery
- Do not bring any valuables to the facility or wear any makeup
- Please bring a valid form of payment (visa, debit, mastercard, or cash)
- If necessary, please arrange for a family member /friend to act as a translator
- Please arrange for an escort to accompany you home
- You will not be able to drive a car for 24 hours post surgery

## After your Surgery

**POST OP Visit #1:** Will be done the same day as your surgery

**POST OP Visit #2:** Your post op will be arranged approximately 5 days- 1 week post surgery, you will receive the date on the day of surgery.

**POST OP Visit #3:** Please schedule an appointment with your optometrist at least one month after your second eye.

- Your eyes will burn and itch after surgery. Use lubricating eye drops that are found in the black kit as often as needed.
- You will receive a plastic shield on the day of surgery. Please wear the plastic shield while you are sleeping or lying down for 3 days/nights.
- Do not put any pressure or rub your eye. You may wipe the corners of your eye gently with a clean tissue or face cloth.
- You may resume light activities, but avoid heavy lifting, straining, or exercising for the first week after surgery. Ask your surgeon when you may resume work and driving.
- You may shower or bathe as normal but keep direct water out of your eyes for the first 3 days. You may wash your hair after 3 days.
- You should see your optometrist in 1 month to get new glasses. You can also remove the lens for the operated eye from your glasses in the mean time.

Should you have a sudden or worrisome loss of vision in the first week or two after surgery, it can be the start of a very serious eye infection and you should go to the emergency room immediately.