

CATARACT SURGERY INSTRUCTIONS

Your _____ eye surgery is scheduled for _____ Please start drops on _____

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BEFORE YOUR SURGERY

- **SURGERY ARRIVAL TIME:** You will receive a phone call 1 WEEK BEFORE your surgery confirming the date, time of arrival and other Pre-op instructions.
- **MEDICATION EYE DROPS:** Start using your medication eye drops in the operative eye 2 days before surgery - You will receive a phone call from **Linda Frayne Pharmacy** located in **Montreal** regarding a *credit card payment in order for your eye drops to be shipped to your home.*
- **PAYMENT:** 1st surgery must be paid on the day of your pre-op measurements. 2nd surgery payment can be made on or before the day of 2nd surgery (Visa, Mastercard, Cash, Debit). We **do not** accept cheques, money orders or AMEX.

Medication Eye Drops Instructions:

When To Use:		LessDrops: Pred-Moxi-Nepa ↓
BEFORE SURGERY	2 days before surgery	1 drop/ 3 times a day
DAY OF SURGERY	Morning of Surgery	1 drop
	After surgery Until bedtime	1 drop every 2 hours

- **SHAKE** bottle well before using in the **OPERATED EYE ONLY**
- You **CAN** use **LUBRICATING DROPS** and **GLAUCOMA DROPS** while using these drops
- Wait 1-2 minutes between all other drops

DAY OF SURGERY

Please ensure the following:

- **DO NOT EAT after Midnight the night before surgery.** This includes no soup, chewing gum, hard candy.
 - **ONLY CLEAR FLUIDS THREE HOURS BEFORE your arrival time for surgery** (water, herbal tea, apple juice, ginger ale). No milk or cream in the tea. No soup or broth. No other juices.
 - **You MUST HAVE AN ESCORT/DRIVER to accompany you home** Your escort is expected to stay at the surgery center the entire time you are there in case of an emergency, which may take **1-3 hours**. Drop offs are strongly discouraged.
- ✓ You **MUST** Take blood pressure and heart pills and/or other medications
- ✗ **DO NOT** Take diabetes pills and/or insulin

***** FAILURE TO COMPLY MAY RESULT IN CANCELLED OR DELAYED SURGERY*****
*****CANCELLATION FEES WILL BE CHARGED*****

Other Instructions:

- **BRING ALL** of your eye drops and all regular morning medication
- **WEAR** loose fitting clothes so that monitoring equipment can be applied easily.
- **DO NOT WEAR** jewellery and do not bring any other valuables.
- **DO NOT WEAR** contact lenses, face cream, makeup, perfume, hand cream or aftershave.
- **BRING** a valid form of payment (Visa, Mastercard, debit or cash). NO checks, money orders, or AMEX please.
- **WASH YOUR HAIR** prior to your surgery as you will not be able to do so for 3 days.

POST OPERATIVE APPOINTMENTS are scheduled in advance, for you to be seen within 5-7 days after surgery.

AFTER YOUR SURGERY

When To Use:		LessDrops: Pred-Moxi-Nepa ↓
DAY OF SURGERY	After surgery until bedtime	1 drop every 2 hours
STARTING DAY AFTER SURGERY	Use drops for 4 weeks	Continue 1 drop/ 3 times a

The following are commonly experienced after surgery:

- Blurry vision, light sensitivity
- Tender sandy or itchy feeling for hours to several days (Use Lubricating drops to alleviate these symptoms)
- Often the vision clears up slowly
- Everyone heals differently and your two eyes can also heal differently from each other.

Back to Work:

- For office or desk jobs, resume work within 3-5 days. For jobs that require heavy lifting or working in dusty environments, we suggest 1-2 weeks off from work.

You will be given:

1. **A PLASTIC SHIELD** – to be worn while sleeping or napping for the first 3 days/nights
2. **LUBRICATING EYE DROPS** – use as needed if eyes feel dry, itchy, sandy or irritated
3. **SUNGLASSES** – to be worn anytime you are outside for 1-2 weeks for protection

DO	DO NOT
<ul style="list-style-type: none">✓ Apply medication drops as directed✓ Wear plastic shield while sleeping/napping (3 days)✓ Wear sunglasses outside✓ Take Tylenol or Advil as needed✓ Use lubricating drops as often as needed if your eyes burn, feel itchy, or sandy✓ LIGHT ACTIVITIES: walking, reading, cooking, watching TV✓ GENTLY CLEAN any eye drop residue from your lashes or the corner of your eye with a clean tissue.✓ You may shower from THE NECK DOWN only or take a bath (first 3 days)✓ You may wear over the counter reading glasses before you see your optometrist.	<ul style="list-style-type: none">✗ Do not consume alcohol for 24 hours after surgery as this may interact with anesthesia✗ Do not rub or put pressure on your eye for 2 weeks✗ Do not drive for 1-2 days or until your vision is clear✗ Do not wear make-up or face cream around your eye for 1 week after surgery✗ Do not wash your hair for the first 3 days after surgery Afterwards, you can wash your hair, but avoid getting soap or water in the operated eye for 2 weeks.✗ Do not book a flight or travel abroad for 2 weeks after surgery✗ AVOID STRENUOUS ACTIVITIES for 2 weeks, such as heavy lifting or intense exercises. If you need to strain to lift or breathe heavily after an activity, wait 2 weeks before doing it.✗ No underwater swimming or diving for 1 month.

*Please book a 4-6 week visit with your **OPTOMETRIST** after your 2nd surgery for an eye health assessment and vision check*

A 3-month visit may also be required by your Optometrist

For urgent concerns during the daytime, please call our centre: 416-792-3043 or 416-748-2020 ext 111.