

BEFORE YOUR SURGERY

Cataract surgery is an outpatient procedure. The total duration of stay at the surgery centre is about 1-2 hours. Since IV sedation may be used, you may feel out of balance for several hours after surgery. Therefore for your safety, you **MUST** arrange for someone to accompany or drive you home.

Operated Eye: **RIGHT EYE** **LEFT EYE** Surgery Date: _____
Arrival Time: Our office will contact you 2 days prior with the arrival time.

U Surgical Centre (Vaughan) 2180 Steeles Ave. W., Unit 219 Concord ON L4K 2Z5 Tel: 416-292-0334	U Surgical Centre (Scarborough) 2101 Brimley Rd, Unit 204 Scarborough ON M1S 2B4 Tel: 416-292-0334
Register at Registration Desk.	
If you are having an Advanced Technology IOL:	
On day of surgery, Reception will review the consent forms and payment at the registration desk upon arrival.	

Starting 2 days before surgery:

			<p>BESIVANCE & LOTEMAX GEL: Instill 1 drop of each medication 3 times a day to the operated eye <u>starting 2 days before AND on the morning of the surgery.</u></p> <p>PROLENSA: Instill 1 drop ONCE DAILY to operated eye <u>starting 2 days before AND on the morning of the surgery.</u></p> <p>Wait at least 2 minutes between different eye drops.</p> <p>If you use eye drops for glaucoma, continue as usual.</p>
1. BESIVANCE	2. LOTEMAX GEL	3. PROLENSA	

On the Morning of Surgery:

- If your surgery is in the **morning**, **do not eat or drink after midnight**, the night before surgery.
- If your surgery is in the **afternoon**, **do not eat after midnight**, but you may drink small amounts of clear fluids (water, apple juice, or tea, but **NO milk**) up to 6 hours before surgery.
- Take all your usual medications on the morning of surgery with small sips of water.
- If you take blood pressure pills, or blood thinners (aspirin or coumadin), continue as usual.
- If you have diabetes, DO NOT take your diabetes pills or insulin on the morning of surgery.
- Do not use make-up, perfume, or wear any jewelry. Wear a **SHORT SLEEVE BUTTONED SHIRT**.
- Bring **ALL your eye drops, medications, AND THIS SHEET** with you to the hospital or surgery centre.
- You may not drive for the first 24 hours after surgery. You **MUST** be accompanied by an adult, who is available during your entire stay at the hospital or surgery centre (which may take 1-2 hours), and will accompany you home.

AFTER YOUR SURGERY

Post-Operative Visit #1: Date: _____ Time: _____ [] Same Day

Post-Operative Visit #2: Date: _____ Time: _____ [] Brampton Office
[] Vaughan Office
[] Scarborough Office

With Dr. _____

Post-Operative Visit #3: Please schedule an appointment with your regular optometrist 2-3 weeks after your second eye surgery.

Resume using your eye drops on the same day of surgery after returning home and at bed time. Starting the next day after surgery, continue the eye drops as follows:

- **BESIVANCE** 1 drop 3 times a day for **1 week**.
- **LOTEMAX GEL** 1 drop 3 times a day for up to **4 weeks**.
- **PROLENSA** 1 drop ONCE DAILY for up to **4 weeks**.
- If you usually take glaucoma drops, continue with them as usual.
- Anytime after surgery, you may experience dry eye symptoms for several weeks to months. If you experience these symptoms, use artificial tears 3-4 times daily (or as needed) and warm compress to both eyes morning and evening for your comfort.

Caring for your eye after surgery:

Wear a **PLASTIC SHIELD** over your operated eye for the first 24 hours after surgery. After that, wear the shield while sleeping for at least 1 week. Wear **SUNGLASSES** (any pair with UV protection) whenever you are outdoors for at least the first week after surgery.

DO NOT squeeze, rub, wipe, or apply any pressure over your operated eye. You may touch the corners of your eye gently with a clean tissue or face cloth. Avoid wearing eye makeup for a week after surgery.

Activities: You may resume light activities, but avoid straining and heavy lifting for the first week after surgery. Reading, watching TV, and walking in moderation are allowed. No swimming under water or diving for 1 month. Golf or tennis is permissible after 1 week with protective eye wear.

Showering/Bathing: You may shower or take a bath at anytime, but you must avoid getting soap or water in the operated eye in the first week after surgery.

Driving: You should avoid driving for the first week after surgery. If you have any questions about resuming driving please discuss this with your Cataract Care Team members.

Glasses: It is normal for the operated eye to feel out of focus initially and may take days to weeks for the vision to stabilize. Depth perception and judging distances may not be normal at first. Your old glasses may no longer be suitable for your eye after surgery. A new prescription for glasses is usually given approximately 2-3 weeks after surgery by your OPTOMETRIST. In the meantime, you may remove the lens on the side of the operated eye from your current glasses. If you have a cataract in the other eye, you may want to wait until surgery for both eyes are complete before obtaining your new glasses.

IMPORTANT:

If you develop severe pain, redness, or decreased vision **any time after surgery**, notify our office **immediately 416-292-0334 or 416-292-0330**. On a weekend or after-hours, go to **Your nearest Hospital Emergency Department**.