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David Shiple, MD • Cataract, Cornea & Comprehensive Ophthalmology
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Suzanne Corbitt, OD • Primary Eye Care



Preoperative and Postoperative Instructions for Cataract Surgery at *The Eye Surgery Center*

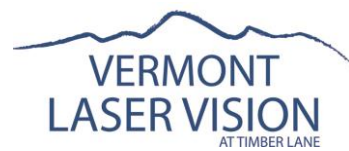
Preoperative Instructions:

- Cataract surgery is an elective procedure and should be scheduled at a time when you have access to proper postoperative care. It is ideal for you to be in the area for one full month following surgery. If you wish to travel, consult with the doctor to ensure the schedule is appropriate.
- You need to schedule a preoperative physical, and possibly an EKG and blood work, prior to surgery. It is preferable for this to be completed within the time period outlined on your physical form.
- A phone interview is arranged with the surgical center before surgery. The Eye Surgery Center calls you the week before surgery. You can complete the attached form prior to the phone interview to facilitate the process.
- Plan to be at the ambulatory surgical center for about two hours. You need a driver to-and-from surgery as well as to-and-from your first day postoperative visit.
- Soon after your arrival to the surgical center an IV is started. You receive IV sedation after the anesthesia permit is reviewed.
- Local anesthesia is typically used. If you are uncomfortable, please tell the doctor so additional anesthetic can be administered.
- Food restrictions: no solid food or milk products six hours before your scheduled arrival time for surgery. Clear liquids (as indicated on the back of your yellow appointment sheet) may be consumed up to three hours prior to the scheduled arrival time.
- Prior to your procedure, take your medications as directed with small sips of water at the usual time. If a medication must be taken with something other than fat free liquids, or sips of water, please contact The Eye Surgery Center: 802-861-3554.
- Do not wear lipstick, mascara, eye makeup, nail polish, jewelry or alcohol based hair products the day of surgery. Do not bring valuables to the surgical facility.
- Wear clean, comfortable, loose fitting clothing the day of surgery.

--- PLEASE SEE PAGE TWO OF THIS HANDOUT---



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After Surgery:

- When you leave the surgical center the operative eye is patched. Leave the patch in place until it is removed the day after surgery at the doctor's office.
- Plan on resting the remainder of the day.
- At your first postoperative visit you are started on an eye drops.
- You may experience mild discomfort or scratchiness in the operative eye following surgery.

Postoperative Instructions (for 2 weeks):

- Do not rub or bump the operative eye.
- Keep the eye dry and clean.
- Wear the eye shield at bedtime and when napping.
- You may bathe the day after surgery. When bathing, keep water out of the operative eye.
- Avoid dirty, dusty and smoky environments.
- No pools, hot tubs or swimming to reduce the risk of infection.
- Do not wear eye makeup or mascara.
- No gardening or lawn work.
- You may do normal bending, but do not stay in an inverted position for an extended period of time.
- Avoid lifting that causes you to strain, hold your breath, or become red in the face.
- Ask about driving when you see the doctor the day after surgery.
- Some exercise may be permitted during the recovery period. Your doctor is able to give you more specific directions based upon your progress on the day after surgery.
- Your glasses prescription changes after surgery. The prescription may be up-dated approximately *four weeks* after surgery.

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