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### PRE-OPERATIVE INSTRUCTIONS FOR OUTPATIENT CATARACT SURGERY

You have been scheduled for surgery with Dr. Tran/Vu.

**DATE:**

**Time:** To Be Determined

**You must arrive at the surgery center at:** To Be Determined

- Please arrive at the surgery center on time.
- Bring insurance cards, driver's license and surgery packet from the doctor's office.

### YOU MUST HAVE A RESPONSIBLE ADULT TO DRIVE YOU HOME AND STAY WITH YOU FOR 24 HOURS AFTER SURGERY

1. **IF YOU ARE ON GLAUCOMA THERAPY:** Continue all of your glaucoma eye drops and medications until the day of the surgery. If you are on Diamox, then take one pill the morning of your surgery.
2. **IF YOU ARE ON ANTICOAGULANTS:** Unless otherwise directed, please **STOP** taking aspirin and ibuprofen at least one week prior to your surgery. If your surgery has been scheduled within one week from receiving these instructions, then discontinue the aspirin and ibuprofen as soon as possible. If you are on Coumadin, then ask your cardiologist or primary care doctor whether you are able to temporarily discontinue Coumadin 3 days prior to your surgery. If you are not able to discontinue Coumadin, then please let us know immediately. You will resume the blood thinner medication immediately following eye surgery.
3. **NO SOLID FOOD, GUM, OR CANDY for 6 hours prior to your arrival time at the surgery center.** You may have a light meal 6 hours before your arrival time to the surgery center consisting of toast and coffee. (NO dairy products, meat, cooked, greasy or fried foods). Refrain from drinking alcohol for 24 hours before your procedure. Try not to smoke for 48 hours before surgery.
  - **THE MORNING OF SURGERY:** take all **heart, blood pressure, acid reflux, thyroid, seizure, anti-anxiety and pain medication** that you normally take in the morning with a sip of water.
  - **IF YOU ARE DIABETIC** and currently taking insulin, then give yourself ½ the usual morning dose of insulin that you typically inject in the morning. **DO NOT TAKE ANY ORAL MEDICATION FOR DIABETES UNTIL AFTER you have had a meal FOLLOWING your cataract surgery.** Please bring your insulin with you to the surgery center.
  - Instill all morning glaucoma drops in your eyes as usual if you are currently on glaucoma therapy, prior to going to the surgery center.
4. You will be given a prescription for Pred Forte or Durezol, Zymaxid or Vigamox, Nevanac or Bromday.
  - Get the prescriptions filled. You will start using the drops after your surgery.
  - **DO NOT** start your new prescription drops until after the surgery. Drops will be instilled 3-4 times per day in the operated eye. Instructions will be given after your surgery.
5. You will be given an appointment to be seen in the office by Dr. Tran/Vu the day after your surgery. You will also see the doctor 7 days and 1 month post-operatively.
6. If you have any questions or concerns, you may contact Dr. Tran/Vu at the office at (239) 262-2020 or you may call the doctor's mobile phone (cell).



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## Postoperative Instructions for Cataract Surgery

- . Take the clear plastic shield off before going to bed the evening of your surgery. Put one drop of each of your postoperative eye drops in the operative eye and re-tape the plastic shield over the eye. You will need to sleep with the eye shield covering your eye for the first three nights following your surgery.
- . If you are a glaucoma patient: continue all glaucoma eye drops in **both eyes** unless otherwise directed.
- . Limit all activities to light activity. **NO HEAVY LIFTING** (do not lift anything more than 5-10 lbs). **NO BENDING OVER** (do not allow your head to fall below your heart level; sleep on two pillows at night). **NO STRAINING** (please take laxatives if you are prone to having difficulties with bowel movements).
- . You may experience some aching after surgery. This can be alleviated with Tylenol / acetaminophen. Do not use aspirin or ibuprofen (Motrin or Advil). These medications may increase your risk for bleeding after surgery and may lead to a higher risk for surgical failure.

### EYE MEDICATIONS:

You will start these medications the day of surgery AFTER the operation. Please have these medications filled prior to your surgery date.

Nonsteroidal drop: **Bromday or Nevanac (gray top)**

Place one drop in the operative eye two times daily

Steroid drop: **Prednisolone acetate (Pred Forte) or Durezol (pink top)**

This is a milky drop. SHAKE BOTTLE WELL BEFORE USE

**(You do not need to shake Durezol)**

Place one drop in the operative eye four times daily

Antibiotic drop: **Vigamox or Zymaxid (brown)**

Place one drop in the operative eye four times daily

You have an appointment to see Dr. Tran/Vu in the office \_\_\_\_\_

If you are having any unusual symptoms, you may call the office (239) 262-2020 or call the doctor's mobile phone (cell) and leave a message at the prompt. The doctor will be paged, and your call will be returned.