

Instructions for Patients Having Cataract Surgery

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Eye (Circle One): RIGHT or LEFT

Pre-operative Instructions:

1. **Coumadin / Warfarin Patients:** You will need to have an INR drawn within 24-48 hours prior to your procedure, with a result of under 3.0
2. Beginning 3 days prior to your procedure, **DISCONTINUE** use of make-up, mascara, lotion, sunscreen, and/or creams on the face.
3. Beginning 3 days prior to your procedure, apply a warm compress (such as Nummies, warm washcloth, etc.) to your eyelids nightly, and allow the compress to sit for at least 5 minutes. Following the warm compress, while keeping your eyes closed, gently cleanse around your eye to include your upper and lower eye lids (recommended with OcuSoft Lid Scrubs or a mild unscented soap). Lastly, follow up with a rinse of warm water. This is required to be repeated **NIGHTLY** until your operation.
4. The **DAY BEFORE** your surgery, eat lightly and avoid all alcohol, cannabis, and other narcotic medications unless it is deemed necessary by your Primary Care Physician.
5. **Make arrangements to have someone, other than yourself, drive you to and from your procedure.** It is required by the surgery center that you have transportation arrangements after surgery, and public transportation **may not** be substituted. Your ride is required to **stay** at the surgery center throughout the duration of your visit. In addition, **you will need a driver for your one-day post-operative appointment** at Southwest Eyecare.

Day of Surgery:

1. **Nothing to eat or drink 8 hours prior to your check-in time**, and this includes candy, gum, cough drops, and mints. **Water only** is okay up to 3 hours prior to your check-in time.
2. Take all medications as normal the morning of surgery with a sip of water – except **NO injectable diabetes medication** (e.g., Insulin, etc.), unless otherwise instructed.
3. Wear **loose, comfortable clothing**, preferably something that buttons, clasps, or zips over your torso so that the surgical team can easily place EKG leads on your upper chest and lower belly.
4. If you use oxygen, please **bring your portable unit** with you to the surgery center.
5. Bring the **cataract post-operative kit, eye drops, instructions, a photo ID, insurance card(s), and applicable copay(s)** to surgery.

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REMINDER: You will be called & notified of your surgery **check-in** time the DAY BEFORE surgery.

Post-operative Instructions:

1. You will be using eye drops for several weeks after surgery.
 - a. On the day of your procedure, you will use your drops every 2 hours while awake, unless otherwise instructed by the recovery room team.
 - b. Please bring all drops to EVERY post-operative appointment.
 - c. Begin the drop schedule provided to the post-operative appointment the DAY AFTER your procedure.
 - d. If the operating room placed a NON-see-through patch (typically white) over your eye, please do not remove it until the office removes it at your one-day post-operative appointment.
2. The following restrictions apply for at least one week after surgery
 - a. No makeup, lotions, and/or creams around the eye.
 - b. Avoid strenuous exercise (running, golf, etc.).
 - c. Avoid lifting, pushing or pulling anything over 15 pounds.
 - d. Avoid excessive bending with your back; bending at the knees is preferable.
 - e. Avoid getting water in the operative eye (swimming, spas, etc.). Showering as normal is okay after 24 hours, but avoid getting soaps and direct water streams in the operative eye.
3. After your SWEC appointment the day following your surgery, you may leave the patch off your eye during the day.
 - a. You must wear your **“Solar Shields” (sunglasses) when outdoors for 4 weeks** and your **eye shield (transparent patch) from your post-op kit at bedtime and/or naps for 1 week.**
4. You will be able to see out of the operative eye during the first 1-2 weeks of healing, but your vision may be blurred throughout this period of adjustment.
5. After your eye heals, you may need to wear glasses for your best vision (distance, near, or both).

It is normal to feel some scratchiness and/or irritation during the first few days following surgery; however, *SEVER PAIN OR SUDDEN VISION LOSS IS NOT NORMAL*. Should one or both of these occur, **please call (505) 346-0500 immediately.**