



Cataract Surgery Reminders

Your ophthalmologist has recommended that you have surgery.

- You will receive a phone call to schedule the date.
- You will receive an additional phone call prior to surgery with your arrival time.
- Please be prepared for the nurse to review your health history, current medications, and allergies over the phone.

Have this page of reminders available for the call.

- On surgery day, please check in at our lower-level surgery center at your scheduled arrival time. This allows sufficient preparation time to complete the doctor's pre-operative orders.
- Your first post-surgery appointment is the following morning at the eye clinic upstairs, unless otherwise notified. This information will be given to you when your surgery is scheduled.
- Your 2-week post-surgery appointment *may* be with one of our trusted optometrists.

- Your surgeon will prescribe eye drops for after surgery. We recommend our compounded combination eye drop from Imprimis Pharmaceuticals for \$70 per eye which includes a steroid, antibiotic, and NSAID.
- These drops are recommended for ease of use, less drops for less time compared to other options.
- If needed, we can prescribe individual drops to a local pharmacy to be covered by your insurance, although it's not always more affordable. Bring them to your surgery.
- If you have Diabetes:
 - Have a protein snack the night prior to surgery or no less than 8 hours prior to your arrival time.
 - **Do not take your insulin or oral diabetic medications the morning of surgery.**
 - Check your blood sugar level in the morning and bring your diabetic medications with you.
 - If you take insulin at night, please call your primary care doctor for instructions on adjusting your dose the night before surgery.

**Due to the risks associated with anesthesia,
SURGERY WILL BE CANCELLED IF YOU EAT OR DRINK OUTSIDE OF THESE GUIDELINES:**

❖ **8 HOURS** PRIOR TO ARRIVAL:

- NO FOOD, candy, gum, or chewing tobacco
- You may have CLEAR liquids: water, apple juice, or clear soda only
- NO COFFEE OR TEA

❖ **2 HOURS** PRIOR TO ARRIVAL:

- No liquids, gum, mints, tobacco, or any other substances by mouth

- ❖ No alcoholic beverages for 24 hours BEFORE and AFTER surgery. The medication you will be given during your surgery cannot be mixed with alcohol.

➤ MORNING OF SURGERY:

- Have a bath/shower to help prevent infection.
- You may keep your dentures and hearing aids in place.
- Ladies: NO makeup, perfume, or jewelry (including watches).
- Secure wedding bands. Please leave all other valuables at home.
- Please wear a **short-sleeved** shirt (without undershirt) that buttons or snaps up the front. To facilitate lead placement and prevent straining after surgery, we ask for nothing to be pulled off overhead.
- We encourage plenty of clear fluids up until 2 hours prior to your surgery arrival. This will keep you hydrated. We start an IV on every patient.
- Please take only the medications that the nurse has discussed with you with a small sip of water the morning of your surgery.

➤ PLEASE BRING:

- Any medications with you that you might need, such as asthma medications or nitroglycerin.
- Your Advance Directive / Living Will if you would like us to have it on file.

➤ Plan to be at the surgery center for 1.5-2 hours. Due to limited space in the surgery center, please consider limiting the number of visitors you bring with you on the day of surgery.

➤ Because of the medications you may be given, **you will not be allowed to drive yourself home after surgery.**

➤ Please plan to have a driver until the surgeon has cleared you to drive, typically after your first day follow up appointment.

➤ It is important to us that you have all your questions and concerns answered. Please feel free to call us at **208-667-2531** and ask for the Pre-Surgery Counseling department, extension 541.

If you are ill with a fever, respiratory or other illness, please call **208-667-2531** and ask for the Pre-Surgery Counseling department (**ext. 541**) to reschedule your surgery. Your surgery will be **cancelled** if you come in on the day of surgery and are sick.

*If calling the morning of surgery, please call the
Surgery Center 208-664-2600 (M-Th 7:00am-5:00pm).*