



## PRE-OP Instructions BEFORE your Cataract Surgery

Patient Name: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

Eye to be operated: RIGHT // LEFT (circle one) Time of Surgery: \_\_\_\_\_

Location of Surgery: \_\_\_\_\_

Congratulations on choosing Cataract Surgery with Dr Nissirios. The pre-operative care of your eye is very straightforward, but very important for proper healing and optimum vision.

### Two Weeks Prior to Surgery:

Make an appointment to see your internist / primary care doctor at least one week in advance of your surgery. Your doctor will complete the History & Physical forms that will be provided to you. If your primary care doctor does not clear you for surgery, we will be unable to proceed. Take the prescription for the eye drops to your favorite pharmacy. You will need these eye drops three days before surgery and for a few weeks after surgery.

### Three Days Before Surgery:

Please arrange transportation / a ride to the surgery center on the day of surgery as you will not be able to drive on that day.

Start the eye drops in the eye that is to be operated (you don't need to put the drops in both eyes, just the eye that is having surgery). If your surgery is scheduled for Monday, then you will use the drops starting on Friday morning. Put one of the medications in the eye, then wait 2-3 minutes and

	 <p>DUREZOL</p>	 <p>ILEVRO</p>	 <p>MOXEZA</p>
Friday	2x/day (morning, night)	once/day (morning)	2x/day (morning, night)
Saturday	2x/day (morning, night)	once/day (morning)	2x/day (morning, night)
Sunday	2x/day (morning, night)	once/day (morning)	2x/day (morning, night)

then put the other medicine in the eye. You must wait between drops so that the eye has time to absorb each medicine fully.

### The Day of Surgery:

Please do NOT eat or drink anything for at least 8 hours prior to your scheduled surgery. Yes, you can take your regularly scheduled medications as instructed by your primary care doctor with a small sip of water. Please bring all of your eye medications with you to the surgery center on the day of surgery.

Please do NOT wear any eye make-up, facial lotions, or perfume on the day of surgery. You will need someone with you to drive home.

What to expect:

- After completing some paperwork, the nurses will place an IV in your arm and instill some eye drops in order to dilate your pupils. This preparation may take an hour or more.
- You will be wearing your normal street clothes (not those terrible hospital gowns)
- Once you are brought into the operating room, Dr. Nissirios will personally greet you as the anesthesiologist administers a sedative in your IV. Your eye will be fully numbed.

What you will feel/see:

- An oxygen supply tube will be placed near your mouth/nose and your entire body and face will be covered with a sterile bed sheet. You will be able to breathe very well due to the direct supply of oxygen, while the sheet protects the operated eye from infection.
- You will feel some light pressure, some cool water, and perhaps Dr. Nissirios's hands resting against your cheek. Rest assured that the vast majority of patients feel zero pain.
- You will NOT see the surgery being performed. Rather, you will just see some bright lights, colors, and shadows. You do not have to worry about blinking during surgery.
- After the surgery the eye will slowly wake up and recover vision over the course of a few hours to a few days.
- In the Recovery Room, the nurses will check your blood pressure, give you some juice to drink, explain the post-op instructions, and then send you home. This takes 30-60 minutes.

### Right After the Surgery:

Taking a nap when you return home is a good idea, as the IV sedative from the surgery may leave you feeling a little sleepy. Taking a nap will let the body focus its energy on healing the eye.

You may resume your normal diet and your normal medication schedule.

If you have any aching, you may take Tylenol, Advil, Motrin, or the medication of your choice.

For the day of the surgery, please TAKE IT EASY. Relax, enjoy the time off, spend time with friends and family. No working, no cooking, no cleaning, no heavy lifting, no straining, etc.

At home you may watch TV, go for a walk, and resume most normal activities. Do not plan on working, spending hours on the internet, or reading your new paperback book or Kindle.

For the evening right after surgery, I recommend that you enjoy a nice dinner at your favorite restaurant with family or friends. A glass or two of wine is fine, but make someone else drive.

Your post-op visit is scheduled for the day after your surgery

Location:

Time: