



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.
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- 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).*