

CATARACT SURGERY INSTRUCTIONS
LOCATION 2 Champagne Drive Unit C2 (East Entrance)

YOUR _____ EYE IS SCHEDULED ON _____

PLEASE START YOUR DROPS ON _____

YOUR _____ EYE IS SCHEDULED ON _____

PLEASE START YOUR DROPS ON _____

YOU WILL RECEIVE A PHONE CALL 2 WEEKS PRIOR TO SURGERY TO CONFIRM THE EXACT DATE AND TIME OF SURGERY AND THE TIME OF ARRIVAL TO THE CENTER.

YOU WILL GET A REMINDER PHONE CALL AGAIN THE DAY PRIOR TO SURGERY WITH MORE PRE-OP INSTRUCTIONS.

**PLEASE EXPECT TO BE AT THE CENTER FOR 2-3 HOURS
YOU MUST HAVE AN ESCORT HOME OR YOUR SURGERY WILL BE CANCELLED.**

YOU MUST NOT BE LEFT ALONE AT THE CENTER IN CASE OF EMERGENCY.

Before you have surgery

- Please remember to *fill out and fax your questionnaires* to (416 792-8705) or email to surgery@northtorontoeyecare.com.
- You will need to have a *physical examination* with your family doctor. Please arrange that 2-4 weeks prior to your surgery.
- Your family doctor must fax those forms to our office. All medical information will be reviewed prior to your surgery. Your surgery will be cancelled without medical forms.
- Fill your prescription at the pharmacy. You should have 3 bottles of drops. **START TAKING YOUR DROPS 2 DAYS** before surgery. Refill at the pharmacy for your second eye.

Drop Instructions

	Drops:	Vigamox	Maxidex		Prolensa
Before Surgery	2 days before surgery	1 drop/ 3 times a day	1 drop/ 3 times a day		1 drop each day
After Surgery	Until bottle is empty	Continue 1 drop/ 3 times a day until the drops run out	Continue 1 drop/ 3 times a day until the drops run out		Continue 1 drop a day until the drops run out

please wait 1-2 minutes between each drop

On the Day of Surgery

- Please put in your morning drops on the day of surgery. These will be resumed when you get home from surgery
- Bring ALL your eye drops and a list of your medications with you to the surgery
- **Do not eat any food** after midnight the night before surgery.
- **Do not drink any fluids** other than water, apple juice, herbal tea, vitamin water, gingerale, clear tea or Gatorade (drinks you can see through) **up to 4 hours before surgery.**
- **Do not** take your **Diabetes pills** on the morning of surgery.
- **Do** take your **Blood Pressure** and all other prescribed pills on the morning of your surgery.
- You should wear loose fitting clothes so that monitoring equipment can be applied easily.
- **Do not** bring any valuables to the facility.
- **Do not** wear contact lenses, make-up, or perfume.
- You will not be able to drive a car for 24 hours after surgery.
- Please bring a valid form of payment (Visa, Debit, MasterCard, or Cash).

After your Surgery

- Your eyes may burn and may feel scratchy for several days after surgery. Use the lubricating eye drops that are found in your post-op kit as often as needed.
- You will receive a plastic shield on the day of surgery. Please wear the plastic shield while you are sleeping or lying down for 5 days/nights.
- Wear sunglasses (any pair with UV protection) whenever you are outdoors for at least the first week after surgery.
- Do not put any pressure or rub your eye. However, you should wipe off the drop residue gently with a clean tissue.
- Avoid wearing make-up for a week after surgery.
- You may eat what you like after surgery but do not drink alcohol for 24 hours as this may interact with the anesthesia medications you have had during surgery.
- You may resume light activities, but avoid heavy lifting, straining, or intense exercising for the first week after surgery. Ask your surgeon when you may resume work and driving.
- Do not go swimming for 2 weeks.
- You may shower or bathe as normal but keep direct water out of your eyes for the first 3 days. You may wash your hair after 3 days.
- You should see your optometrist in 1 month to get new glasses.

For urgent concerns during the **daytime**, please call our office: 416-792-3043.

For urgent concerns after hours or over the weekend, please call our on call: or go to the nearest emergency room.

Should you have a sudden or worrisome loss of vision in the first week or two after surgery, it can be the start of a very serious eye infection and you should go to an emergency room immediately and call our ON CALL service at (416) 201-3235