

ZEST TREATMENT :

CATARACT SURGERY INSTRUCTIONS

Your _____ eye surgery is scheduled for _____ Please start drops on _____

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BEFORE YOUR SURGERY

- **SURGERY ARRIVAL TIME:** You will receive a call **or** email **1 WEEK BEFORE** your surgery confirming the date, time of arrival and other Pre-op instructions.
- **MEDICATION EYE DROPS:** Start using your medication eye drops in the operative eye 2 days before surgery - You will receive a phone call from **Linda Frayne Pharmacy** located in **Montreal** regarding a *credit card payment in order for your eye drops to be shipped to your home.*

LINDA FRAYNE PHARMACY TEL. #: 1-514-342-8696 X9, X1 FOR ENGLISH/ RAIZZA

- **PAYMENT:** 1st surgery must be paid on the day of your pre-op measurements. 2nd surgery payment can be made on or before the day of 2nd surgery (Visa, Mastercard, Cash, Debit). We **do not** accept cheques, money orders or AMEX.

Medication Eye Drops Instructions:

When To Use:		(Montreal Drops)
		LessDrops: Pred-Moxi-Nepa ↓
BEFORE SURGERY	2 days before surgery	1 drop/ 3 times a day
DAY OF SURGERY	Morning of Surgery	1 drop

- **SHAKE** bottle well before using in the **OPERATED EYE ONLY**
- You **CAN** use **LUBRICATING DROPS** and **GLAUCOMA DROPS** while using these drops
- Wait 1-2 minutes between all other drops

DAY OF SURGERY

Please ensure the following:

- **DO NOT EAT OR DRINK** after Midnight the night before surgery. This includes no chewing gum, no hard or soft candy, no coffee, no tea, no milk or cream, no soup or broth. Sips of water are allowed only to swallow your morning medications.
- ✓ You **MUST** Take blood pressure and heart pills
- ✗ **DO NOT** Take diabetes pills and/or insulin
- You **MUST HAVE AN ESCORT/DRIVER** to accompany you to the clinic. Your escort MUST be present at the time of registration and it is preferable that they stay NEAR the Surgery Center. Your total time at the clinic will be 1.5 - 2 hours.

***** FAILURE TO COMPLY MAY RESULT IN CANCELLED OR DELAYED SURGERY*****
*****CANCELLATION FEES WILL BE CHARGED*****

Other Instructions:

- **BRING ALL** of your eye drops and all regular morning medication
- **WEAR** loose fitting clothes so that monitoring equipment can be applied easily.
- **DO NOT WEAR** jewelry and do not bring any other valuables.
- **DO NOT WEAR** contact lenses, face cream, makeup, perfume, hand cream or aftershave.
- **BRING** a valid form of payment (Visa, Mastercard, debit or cash). NO checks, money orders, or AMEX please.
- **WASH YOUR HAIR** prior to your surgery as you will not be able to do so for 3 days.

POST OPERATIVE APPOINTMENTS are scheduled in advance, for you to be seen within 5-7 days after surgery. *(An appointment card will be provided to you on the day of your surgery)*

AFTER YOUR SURGERY

When To Use:		(Montreal Drops) LessDrops: Pred-Moxi-Nepa ↓
DAY OF SURGERY Start when you arrived home and use until bedtime	After surgery until bedtime	1 drop every 2 hours
STARTING DAY AFTER SURGERY	Use drops for 4 weeks	Continue 1 drop/ 3 times a DAY

The following are commonly experienced after surgery:

- Blurry vision, light sensitivity
- Tender sandy or itchy feeling for hours to several days (Use Lubricating drops to alleviate these symptoms)
- Often the vision clears up slowly
- Everyone heals differently and your two eyes can also heal differently from each other.

Back to Work:

- For office or desk jobs, resume work within 3-5 days. For jobs that require heavy lifting or working in dusty environments, we suggest 1-2 weeks off from work.

You will be given:

1. **A PLASTIC SHIELD** – to be worn while sleeping or napping for the first 3 days/nights
2. **LUBRICATING EYE DROPS** – use as needed if eyes feel dry, itchy, sandy or irritated
3. **SUNGLASSES** – to be worn anytime you are outside for 1-2 weeks for protection

DO	DO NOT
<ul style="list-style-type: none">✓ Apply medication drops as directed✓ Wear plastic shield while sleeping/napping (3 days)✓ Wear sunglasses outside✓ Take Tylenol or Advil as needed✓ Use lubricating drops as often as needed if your eyes burn, feel itchy, or sandy✓ LIGHT ACTIVITIES: walking, reading, cooking, watching TV✓ GENTLY CLEAN any eye drop residue from your lashes or the corner of your eye with a clean tissue.✓ You may shower from THE NECK DOWN only or take a bath (first 3 days)✓ You may wear over the counter reading glasses before you see your optometrist.	<ul style="list-style-type: none">✗ Do not consume alcohol for 24 hours after surgery as this may interact with anesthesia✗ Do not rub or put pressure on your eye for 2 weeks✗ Do not drive for 1-2 days or until your vision is clear✗ Do not wear make-up or face cream around your eye for 1 week after surgery✗ Do not wash your hair for the first 3 days after surgery Afterwards, you can wash your hair, but avoid getting soap or water in the operated eye for 2 weeks.✗ Do not book a flight or travel abroad for 2 weeks after surgery✗ AVOID STRENUOUS ACTIVITIES for 2 weeks, such as heavy lifting or intense exercises. If you need to strain to lift or breathe heavily after an activity, wait 2 weeks before doing it.✗ No underwater swimming or diving for 1 month.

*Please book a 4-6 week visit with your **OPTOMETRIST** after your 2nd surgery for an eye health assessment and vision check*

A 3-month visit may also be required by your Optometrist

For urgent concerns during the daytime, please call our centre: 416-792-3043 or 416-748-2020 ext 111
For urgent concerns after hours or over the weekend, please call 437-294-3292
or go to your nearest HOSPITAL EMERGENCY DEPARTMENT