

ABOUT YOUR CATARACT SURGERY

Day of your surgery:

1. You may eat solid food until midnight the day before your surgery and only clear fluids 4 hours before the time of your surgery.
2. Take your regular medications with a sip of water unless you are told differently.
3. Follow your surgeon's recommendations for your blood thinning medications including Aspirin, Plavix and Coumadin as well as any diabetic (hypoglycaemic) medication.
4. The operation will take 15-20 minutes although sometimes it can take over an hour
5. You will be comfortable during the operation. There is an anaesthetist to give you mild sedation or whatever you require. The surgeon cannot do a careful operation unless you are comfortable and pain-free. If you cannot lie comfortably, the staff will make you as comfortable as possible with pillows and blankets.
6. The surgeon will speak with you before your operation. If you have any last minute questions, you can ask him these questions at that time.
7. Please bring your OHIP card with you.

After your surgery:

1. You will be taken to the recovery area for the nurse to check how you are doing. You will be offered a drink of juice. You will be able to go home only with someone to assist you.
2. Do not rub your eye. If there is some discharge, wipe it away with a clean moist wash cloth around your eye but do not wipe inside the eye.
3. You will be given an eye shield that you may tape over your eye for the first night. Do not use a patch with a string or elastic as the patch could slip and rub on your eye
4. You must be with someone for the ride home and for the first night. Although you should not have any significant problems after your surgery, some patients may complain of pain and/or nausea. If the pain is severe or you have nausea or vomiting call the doctor's office for instructions
5. Start your drops about an hour after the surgery to the operated eye. The day of your surgery you should take the drops every 2-3 hours so that you take the drops 3 times a day
6. You will see the doctor either later the same day or the next day according to the appointment you are given
7. It is normal for the eye to be blurry the first few days after the surgery. Although you may see quite clearly soon after the surgery, don not worry about blurriness at first. You will see the surgeon within the

8. You may eat what you like after surgery: but do not drink alcohol after 24 hours as this may interact with the anaesthesia medications you have had during surgery.
9. Do not drive for 24 hours.

What can I do?

1. You may lift light objects but do not do heavy lifting for the first 2 weeks.
2. You may bend, look down, and even tie your shoelaces.
3. You may read and watch TV but you may need some reading glasses that you can buy at the drug store. There is no problem putting on your glasses but your glasses prescription may have changed because of the surgery. The surgeon will update your prescription in a week or two of have you referring ophthalmologist or optometrist prescribe glasses at the time.
4. Do not go swimming for 3 weeks.
5. Do not play with dirt (no gardening or shearing the dog for 2 weeks).
6. You may shower starting the day after surgery, but try to shower from neck down. To wash your hair bend your head back or have a hairdresser do you hair to avoid water and soap running into your newly operated eye.
7. You may have sex.