

Your _____ eye is scheduled for: _____ Start drops on: _____

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TELEPHONE NOTIFICATIONS: You will receive a telephone notification 1 week before your surgery confirming your date of surgery, time of arrival and other pre-op instructions.

Before Your Surgery

- **MEDICAL HISTORY AND PHYSICAL FORMS:** Please make an appointment to see your family doctor at least 3 weeks before your surgery and have your form filled out. It must be received at the surgical centre by email/fax/drop off 2 weeks prior to your surgery.
- **MEDICATION EYE DROPS:** Start your drops 2 days before your surgery.

Medication Drop Instructions

- Use these drops in the eye that is preparing for surgery only

| | Drops: | Vigamox (Moxifloxacin) ↓ | Maxidex ↓ | Prolensa ↓ |
|-----------------------|------------------------------------|--|--|---|
| Before Surgery | 2 days before surgery | 1 drop/ 3 times a day | 1 drop/ 3 times a day | 1 drop once daily in the morning |
| Day of Surgery | Morning of Surgery | 1 drop | 1 drop | 1 drop |
| | After surgery Until bedtime | 1 drop every 2 hours | 1 drop every 2 hours | None |
| 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 |

- ✓ Wait 1-2 minutes between all drops.
- ✓ You CAN use **LUBICATING** drops while using medication drops.
- ✓ KEEP using your **GLAUCOMA** drops if you are prescribed any.
- ✓ There is a **REFILL** on the medication prescription you received for your first surgery. This refill is for your second eye surgery, if applicable.

Day of Surgery

Food & Drink:

- **DO NOT EAT after MIDNIGHT the night before surgery.** This includes no soup, chewing gum, hard candy.
- **ONLY CLEAR FLUIDS THREE HOURS** before your surgery time (water, herbal tea, apple juice, ginger ale). No milk or cream in the tea. No soup or broth.

Transportation:

- **You MUST HAVE AN ESCORT/DRIVER** to accompany you home. Your escort is expected to stay at the surgery center the entire time you are there in case of an emergency, which may take 1-3 hours. Drop offs are strongly discouraged.

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

Medication:

- You **SHOULD** take your morning pills as usual (you must take blood pressure and heart pills) **BUT DO NOT TAKE DIABETES PILLS OR ANY MEDICATION THAT NEEDS TO BE TAKEN WITH FOOD**. Take your pills with sips of clear fluids three hours before your surgery.
 - ✓ You **MUST** take blood pressure and heart pills
 - ✗ **DO NOT** take diabetes pills and/or insulin

Other Instructions:

- **BRING ALL** of your eye drops and a list of your medications.
- **WEAR** loose fitting clothes so that monitoring equipment can be applied easily.
- **DO NOT WEAR** jewellery, and do not bring any other valuables.
- **DO NOT WEAR** contact lenses, face cream, makeup, perfume or aftershave.
- **BRING** a valid form of payment (Visa, Mastercard, debit or cash).

After Your Surgery

What to Expect:

- It is normal for the operated eye to feel blurry, light sensitive, tender, sandy or itchy for hours to several days.
- You may take regular or extra-strength Tylenol or Advil.
- Often the vision clears up slowly, but it can also be sharp within a day. Everyone heals differently and your two eyes will often heal differently from each other.
- You will see one of our doctors within 1 week for a follow-up visit.

Food & Drink:

- You may **EAT** whatever you like after surgery, but **DO NOT** drink alcohol for 24 hours as this may interact with the anesthesia medications you had during the surgery.

Medication:

- About an hour after the surgery, **START USING MEDICATION EYE DROPS**. Consult the drop instructions chart.

Wound Care:

- A **PLASTIC SHIELD** (given to you on the day of surgery) is to be worn when you are sleeping or lying down for the first 3 days/nights after surgery.
- If your eyes burn, feel scratchy or itchy, **USE LUBRICATING DROPS** as often as you need.
- **DO NOT** put any pressure or rub your eye for 2 weeks.
- **GENTLY CLEAN** any eye drop residue from your lashes or the corner of your eye with a clean tissue.
- **AVOID** wearing makeup for 1 week. You can use face cream after surgery, but avoid around the eye.

Activities:

- Take a **BATH** at anytime, or **SHOWER** from the neck down for the first 3 days. Afterwards, you can wash your hair, but avoid getting soap or water in the operated eye for 2 weeks.
- You may resume **LIGHT ACTIVITIES** (e.g. walking, reading, cooking, watching TV).
- You may bend, look down, tie your shoelaces, and sleep on any side you wish.
- **AVOID STRENUOUS ACTIVITIES** for 2 weeks, such as heavy lifting or intense exercises. **RULE OF THUMB:** if you need to strain to lift something or breathe heavily after an activity, wait 2 weeks before doing it.
- **AVOID DIRTY/DUSTY ACTIVITIES** for 2 weeks, such as gardening & home renovation.
- You can play golf or tennis after 1 week with protective eye wear.
- No underwater swimming or diving for 1 month.
- **TRAVELLING** by car is permitted anytime, but wait 2 weeks before travelling by airplane.
- You should avoid **DRIVING** for 1-2 days or longer if your vision is still blurry, as you may not meet the legal driving standards. At your 1 week visit, your doctor will let you know if you can drive.

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.

Glasses:

- **WEAR** sunglasses whenever you are outdoors for at least 1 week for protection and because your eyes may be sensitive to bright lights.
- You may choose to wear your glasses if you feel more comfortable with them on, but often the prescription will change after surgery and you may see better without them.
- You may wear over the counter readers in the meantime before you see your optometrist.
- Book an appointment to see your **OPTOMETRIST** 1 month after your last surgery to check your new glasses prescription.

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 (416) 201-3235
or go to your nearest HOSPITAL EMERGENCY DEPARTMENT