



WOLSTAN & GOLDBERG EYE ASSOCIATES

EXCEPTIONAL FAMILY VISION CARE FOR OVER 30 YEARS

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CATARACT SURGERY

PATIENT NAME: _____ DOB: _____

PLEASE MARK ANY OF THE FOLLOWING THAT APPLY

_____ High Blood Pressure	_____ Diuretics
_____ Is the Patient taking Flomax or Cardura?	_____ Diabetic
_____ If yes, does the Patient have kidney disease?	_____ Contact Lens Wearer
_____ Anticoagulants (Coumadin, Plavix, Aspirin, etc.)	_____ Drug Allergies

MEDICATIONS BEFORE SURGERY

- ♦ If you currently take anticoagulants or any other blood thinning medications, continue taking blood thinners and aspirin as prescribed by your primary care physician.
- ♦ If you are taking aspirin for any reason other than as a prescribed blood thinner, please discontinue use 7-10 days prior to your surgery date.
- ♦ **FLOMAX/CARDURA ALERT:** Make sure your doctor is aware if you are currently taking Flomax or Cardura. If you are currently taking Flomax or Cardura, you must discontinue and take Atropine instead for 3 days prior to surgery. You may use Flomax or Cardura after your surgery.
- ♦ **KIDNEY DISEASE/ATROPINE WARNING:** If you take Flomax or Cardura AND you have kidney disease, please make sure and inform your eye doctor.

TWO (2) TO THREE (3) WEEKS BEFORE SURGERY

- ♦ If you wear contact lenses, you must discontinue use 3 weeks for hard lenses, 2 weeks for soft lenses prior to IOL Calculation and 1 week prior to surgery.

THREE (3) DAYS BEFORE SURGERY

- ♦ You will be given prescriptions for eyedrops VIGAMOX and ACULAR. You will need to have these prescriptions filled, and start using them for 3 DAYS BEFORE SURGERY, one drop four times a day (breakfast, lunch, dinner, bedtime) in the eye that is scheduled for surgery.

START DATE: _____

Telo Medical Center, 23600 Telo Ave., 1st Floor Suite 100, Torrance, CA 90505
(310) 602-5648 (surgery line) www.wolstaneye.com (310) 543-2275 (surgery fax)

SJP 05/09

THE EVENING BEFORE SURGERY

- ◆ NOTHING to eat or drink, no gum or candy, and no smoking after midnight the night prior to surgery! (except small sips of water for medications only)
- ◆ Prepare a list of all medications that you are currently taking including milligrams and dosage, along with all insurance cards, to bring with you to the surgery facility.
- ◆ Make sure you have arranged to have a responsible adult drive you home after your procedure. You may take a taxi, however you must have a responsible adult (someone other than the taxi driver) check you out and accompany you home. Please make arrangements to have a responsible adult driver pick you up at the time of your discharge, or your surgery will be cancelled. Time spent at the Hospital may vary for each individual but usually ranges between 2 and 3 hours.

THE DAY OF SURGERY

- ◆ Wear simple, comfortable clothing and flat shoes. Shirts that button down the front are preferred.
- ◆ Remove all make-up, especially any eye make-up, and all jewelry. Do not wear jewelry and/or makeup to the surgery facility.
- ◆ If you are diabetic, do not take any diabetic medications the day of surgery. Bring them with you to the hospital and they will administer after the surgery.
- ◆ If you normally take medications in the morning for high blood pressure, seizures, breathing problems, or heart problems, take them the morning of surgery with small sips of water.

AFTER SURGERY

- ◆ You will be given a new prescription for eye drops when your return to our office the day after surgery.
- ◆ If your eyes feel dry or gritty, please use artificial tears. You may use them frequently (up to every 1-2 hours). We recommend Systane®, Optive® Refresh, Bion tears, Refresh Liquigel®, and Genteal® tears.
- ◆ Unless instructed otherwise, please continue all other medications (pills, eye drops, etc.) as before surgery.
- ◆ For discomfort, use any over-the-counter medication (Tylenol, Aspirin, Advil, etc.). If you develop pain that is not managed by these medications, please contact us as instructed below.

ACTIVITIES

- ◆ Do not rub your eyes under any circumstances for at least 2 weeks.
- ◆ Wear protective glasses in any situation where you may get struck in the eye (small children, pets, etc.)
- ◆ Your vision may be somewhat blurred. This will usually clear within several days.

WHAT TO EXPECT AFTER SURGERY

- ◆ If you wore prescription glasses and did not choose the new advanced intraocular lens technology, your glasses often need to be adjusted before you can see clearly for reading or distance. This is usually done 4 weeks after surgery.
- ◆ Your eyelids may be mildly "droopy" or swollen. This is a temporary condition.
- ◆ Temporary floating spots and brief flashes of light are common following surgery but should disappear. If there is sudden vision loss, call the office immediately.
- ◆ If you are not comfortable driving or operating hazardous equipment, please avoid doing so until your vision is satisfactory.
- ◆ You may have increased sensitivity to sunlight. Please wear sunglasses as needed.
- ◆ You can resume most normal activities immediately. Patients may return to work in one day. We recommend you wait one week to return to running or playing golf. You do not have to be concerned about bending over. However, no lifting any objects over 20 lbs.
- ◆ Patients may bathe and wash hair, but must be careful to avoid getting water or soap in the eye for the first week. Do not go swimming or go in a hot tub for at least 14 days following surgery.
- ◆ Be sure to wear protective eyewear during any contact sports or around small children for a minimum of 3 weeks.
- ◆ If any symptoms of pain or decline in vision occur, call our office immediately for advice and instructions. After normal business hours, the call will be handled by the answering service. An eye care professional will be paged and will promptly return your call.