

PREPARATION

Operative Eye: RIGHT / LEFT      Procedure Date: \_\_\_\_\_ T      TH  
Surgery Center Arrival Time: \_\_\_\_\_ Postop Visit: \_\_\_\_\_ (doctor's office, day after surgery)

Operative Eye: RIGHT / LEFT      Procedure Date: \_\_\_\_\_ T      TH  
Surgery Center Arrival Time: \_\_\_\_\_ Postop Visit: \_\_\_\_\_ (doctor's office, day after surgery)

Occasionally unforeseen circumstances necessitate a time change. If this occurs you will be notified.

Preop Eye Drop Medications:

These drops are *only* for the *operative eye*, and will usually be continued following surgery as well.

Start all preoperative eye drop medications **ONE** day before surgery

Use the antibiotic drop:

1. **CIPROFLOXACIN or BESIVANCE**  
1 drop 2 times, i.e., morning, and night, and one drop the morning of surgery.

2. Use the anti-inflammatory drop:  
**DICLOFENAC** or \_\_\_\_\_  
1 drop 2 times, i.e., morning, and night, and one drop the morning of surgery.

**\*There may be a third eye drop medication to be started after surgery.**

The eye drops can be used in any order, but should be **separated by 3-5 minutes**. Please bring the eye drops to the surgery center. If you normally take glaucoma eye medications, they can be used up to and including the morning of your surgery.

Medications:

*If you are diabetic, you will probably be instructed to skip your morning insulin or oral medication.* This is because you will not be eating breakfast prior to your surgery. Unless instructed otherwise, you may take the rest of your usual medications with a sip of water. In particular, **do not skip usual medications taken for your heart, blood pressure, or breathing conditions**. You can and should bring any prescription inhalers and nitroglycerin pills with you.

Fasting:

Because of the sedation you will receive during your surgery, you are required to have an empty stomach.

- 1) **No meals after Midnight**  
2) **Up to 5 hours** before your arrival time you may have dry toast with nothing on it, water, black coffee, clear tea, clear broth, carbonated beverages.  
**NO MILK/NO CREAM/POWDER CREAMER**  
3) **Up to 2 hours** before your arrival time you may have water, black coffee, clear tea, clear broth, carbonated beverages.

**NO MILK/NO CREAM/POWDER CREAMER**  
**If these guidelines are not followed your surgery will be cancelled.**

Attire:

You will not need to fully undress, but please **do not wear an undershirt**. Bras may be worn. Wear a loose short sleeve shirt that fully opens and buttons up the front. Wear loose fitting pants, such as sweatpants, and comfortable shoes. Please do not wear hairpins or eye makeup. Leave jewelry and any unnecessary valuables at home.

TRANSPORTATION

**You may not drive following surgery and must arrange transportation home.** We have a parking lot behind the surgery center. Approaching the surgery center via El Camino Real from the south, turn right into our driveway. The patient entrance is immediately on the right. After dropping you off, your driver can park in the rear. We ask that you bring only one companion. While most surgeries typically take less than 30 minutes, the preparation and recovery time will make your visit last approximately 2 1/2 - 3 hours, if your driver leaves, please have them carry a cell phone so that they can be notified when you are ready to go home. You should be discharged from the center into the care of a responsible adult.



CHECK-IN

Please bring any insurance cards and photo I.D. with you. For those with co-pays, co-insurance, or without insurance, we require payment with a credit card, check, or cash upon arrival. You will be asked to sign a separate consent form for the surgery center – signifying your consent to have surgery. Please notify your surgeon if you would like to review this prior to your surgery date. Make every effort to have your questions answered by your surgeon **before** you arrive.

PREOPERATIVE PREPARATIONS

After registering, you will enter the preoperative area. The nursing staff will administer eye medications, such as dilating drops. An I.V. will be started in your hand or arm so that sedatives can be administered during the operation. Because the eye medications requires a significant amount of time to work, a relative or friend can accompany you during the waiting period in the preoperative area, after you are prepped. If you do not speak English, please bring a companion who does.

DURING SURGERY

Your surgery will be done with Monitored Anesthesia Care (MAC). In addition to the anesthetic administered by your eye surgeon, you will receive light intravenous sedation that will relax you without putting you to sleep.

During the operation you will be awake enough to follow your surgeon's instructions. Your eye will be numb, but you may feel drops and some mild pressure at times. Your lids will be held open so that you can't blink. You will not see instruments or the surgery itself. You will only be able to see bright lights and colors during the operation. Most patients relax and listen to the background music. Because of the sedation you may or may not remember everything that happens in the operating room. In addition to administering the sedation, your anesthesiologist will be monitoring your heart rate, blood pressure, and the oxygen level of your blood during the procedure.

RECOVERY

You will be able to return home after a brief check in the recovery area. For cataract surgery, we do not expect to restrict your diet, your activities, your sleeping position, or the use of your eyes for TV or reading after surgery. Aspirin, Tylenol, or other over-the-counter pain relievers are usually adequate for any post-op aching. It is generally advisable to take a nap to decrease any residual effects from the sedatives. Sleeping also lessens the watering and the scratchy feeling that is normal during the first day.

**You should expect your vision to be quite blurred at first. It is very common for your pupil to remain enlarged from the dilating drops for up to 36 hours. The sedatives can also blur your recollection of the day's events. For this reason, it is best to save any non-essential questions for your first postoperative office visit**

For the comfort and convenience of our patients and their family members, our center has a handicapped accessible entrance and exit, ample parking, and a spacious reception area.