

EYE LASER SPECIALISTS

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PATIENT INFORMATION ON CARE BEFORE AND AFTER CATARACT SURGERY WITH INTRAOCULAR LENS IMPLANT

ABOUT THE PROCEDURE

During the lens exchange procedure, the defective natural lens of the eye is replaced with a new lens, creating improved vision. This procedure is performed through a small, self-sealing opening that usually does not require sutures and allows rapid return of vision.

THE DAY BEFORE THE PROCEDURE

As a precaution, it is best to prepare the eye with the use of antibiotic eye drops. One drop should be instilled inside the lower eyelid of the appropriate eye four times the day before surgery and the morning of the procedure.

THE DAY OF SURGERY

Six hours prior to your scheduled arrival time at the surgery center you may have clear liquids, dry toast, crackers, coffee with no cream and no dairy products. Prior to coming to the surgery center, I recommend cleansing the face and the area around the eyes with soap and water. Do not wear eye makeup. Please take any necessary medications with as little water as necessary to safely swallow your pills. You should arrive at the surgery center 1 ½ hours prior to your scheduled procedure. Once you arrive, your vital signs and a brief history will be taken. It would be beneficial to have a written list of medications you are taking, as well as any notes from your family doctor or any statements of your medical conditions, including allergies.

WHAT TO EXPECT

Preoperatively, the nurse will administer drops, which dilate the pupil, making it easier to perform the procedure. An intravenous line will be started and can be used for mild sedation if necessary. Eyedrops will be used for anesthetizing the eye.

The actual lens replacement procedure will take approximately 15 minutes. Afterwards, I will apply an antibiotic drop to the eye. You will go to the recovery area where the nurse will ensure your comfort and make sure your vital signs are stable. You may then return home.

YOUR ENTIRE VISIT TAKES ABOUT 3 HOURS.

WHEN YOU GET HOME

The antibiotic eye drops that were previously prescribed should be continued 4 times a day for 7 days. In addition, you will instill an anti-inflammatory drop 5 minutes after the antibiotic. The anti-inflammatory should be shaken gently to ensure proper mixing and continue to use the anti-inflammatory 4 times a day for 21 days. Mild walking or going out to a restaurant for dinner is permissible the evening of your procedure.

YOUR MEDICINE



Antibiotic



Vigamox or Zymar

4x/day for 7 days



Anti-inflammatory

Econopred Plus or Pred Forte 1%

4x/day for 21 days



Non Steroidal/
Anti-inflammatory



Nevanac or Acular

4x/day for 10 days

THE NEXT DAY

Vision may be improved at this point, but generally becomes sharper within 72 hours. Your pupil may stay large for a couple of days. You may now resume normal activities such as showering and exercising. If you train with weights, use half your normal amount for a couple of days, then resume a normal workout. Ladies, you may wear foundation and eye shadows the day after the procedure, but, please allow 3 days without mascara. The only restriction at this point is not to rub your eye.

A nurse will call to check on you during the first 48 hours. If you are not staying at home, please inform our nurse of the telephone number where you will be staying. If you have any questions, please call the office. If you call after normal business hours, the answering service will have the surgical nurse paged. A POST-OP VISIT SHOULD BE SCHEDULED FOR THE 1ST OR 2ND DAY AFTER SURGERY.

THE NEXT WEEK

During the exam, the vision will be analyzed, and the eye drop dosage will be adjusted. Typically, the antibiotic drops are discontinued, but continue using the anti-inflammatory drops 4 times a day for 2 more weeks. Many patients see acceptably without glasses or contacts, but generally further improvement in vision can be achieved through the use of spectacles.

If you have any questions regarding your condition or progress, please feel free to contact us for either advice or reassurance. I feel very privileged to have the opportunity to help you with your eye condition and will do my very best to ensure your safety and optimal results.