



**Cataract Surgery for:** \_\_\_\_\_

**Contact lenses users, stop wearing them 1 full week prior to your measurement appointment.**

Appointment on \_\_\_\_\_ @ \_\_\_\_\_ is scheduled at our office, for iTrace Wavefront Aberrometer Topographer test of your eyes. The iTrace System is uniquely designed to combine corneal topography with ray tracing technology for highly accurate wavefront and refractive analysis. iTrace measures quality of vision and visual function. This test of the cornea and lens increases the precision for determining optical aberrations and optical system alignment to allow for choosing IOL that is best for the patient.

**Surgery Dates:** Right eye: \_\_\_\_\_ Left eye: \_\_\_\_\_

**You will be contacted one week prior to your surgery with your arrival time.**

### **Surgical Facility locations:**

- SAEC Surgical Ltd., 5340 1 Street SW, Calgary, Ph.: 403-252-3937
- Rockyview Surgical Centre, 1016 68<sup>th</sup> AVE SW, Suite 120, Calgary Ph:403-252-0220

### **Preparation for surgery date/s:**

1. Complete the Surgical Booking Questionnaire.
2. **Insulin dependent diabetics** consult your family physician for adjustment of your dosage for the day of surgical procedure.
3. If you are using **ASA or any Blood thinner** (excluding Coumadin/Warfarin) you will be directed by doctor or nurse for further instructions.
4. If you are on **Coumadin/Warfarin** confirm with nurse or Surgical Booking Clerk at 403-984-5700. Lab requisition form will be faxed to your lab. Call your lab and book an appointment for an INR test first in AM on the day of your scheduled surgery.
5. Fill prescription for Antibiotic drops included in this package.
6. Driver must be arranged for to and from your surgical procedure and one day follow up appointment at our office. **You are not allowed to drive for 1 FULL WEEK, unless advised otherwise.**
7. Arrange for a responsible adult to remain with you for the evening of your surgery.
8. No hair dyeing, perming or other hair treatment for **4 weeks after cataract surgery.**

**Two Days before surgery:**

1. Remove contact lenses.
2. Start your Antibiotic eye drops 4 x daily in the operative eye only
3. Avoid consumption of alcohol

**One Day before surgery:**

1. Avoid smoking the evening before and on the day of surgery.
2. Have a shower and shampoo your hair. Remove all eye make-up, remove artificial eye lashes.
3. Ladies with artificial nails remove nail from your pointer finger only.
4. You **must** follow Alberta Health Services requirements for eating and drinking before surgery in **yellow sheet**.

**Day of surgery:**

1. Wash your face thoroughly with soap. No **makeup, face cream** and jewelry.
2. Take your regularly scheduled medications, **except** pills for diabetes. **Insulin dependent** diabetics please follow your family physician instructions.
3. Bring **all** your prescribed and over-the-counter medications and supplements, in original containers to the surgery center.
4. Wear comfortable loose fitting clothing on the day of surgery
5. Bring your Alberta Health Care Card and Photo ID to the surgical facility with you.
6. **IMPORTANT: MUST** have a responsible adult/ guardian to take you home following your surgical procedure.
7. **Upon arrival at the surgical facility: Check in at the Reception Desk**

Written Post-Operative Instructions and prescriptions for medicated eye drops will be provided after the completion of your surgery.