

Pre-operative Instructions for Cataract Surgery

For _____

Surgery Dates: Right Eye: _____ Left Eye: _____

You will be contacted via email within 3 business days of your surgery with arrival times for Surgery procedure and 1 Day Follow up at SES appointments.

Surgical facility Locations:

_____ Holy Cross Surgical Services at 101, 2210 – 2 Street SW, Calgary

_____ Rocky Mountain Surgery Centre at 306, 290 Midpark Way SE, Calgary

Preparation for surgery procedure:

1. **Insulin dependent diabetics** consult your family physician for adjustment of your dosage for the day of surgical procedure.
2. If you are using **ASA or any Blood thinner** (excluding Coumadin/Warfarin) you will be directed by doctor or nurse for further instructions.
3. If you are on **Coumadin/Warfarin** confirm with Surgical Booking Clerk at 403-984-5700, provide information on Lac facility you usually go to. Lab requisition form will be faxed to your lab. Call and book an appointment for an INR test first in AM on the day of your scheduled surgery.
4. Fill prescription for Antibiotic drops, provided to you on the day of your cataract work up/measurements.
5. **Remember:** Driver is required on the day of surgery and for the one-day post-operative appointment at our clinic. **You are not allowed to drive for 1 FULL WEEK, unless advised otherwise.**
6. Arrange for a responsible adult to remain with you for the evening of your surgery.
7. 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. **Must** comply with AHS and Anesthesia requirements for eating and drinking before surgery. Acknowledgement form will be provided to you to sign on the day of your cataract work up.

Day of surgery:

1. Wash your face thoroughly with soap. Do Not wear **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, anesthesia requirement.
4. Wear comfortable loose-fitting clothing on the day of surgery.
5. Upon arrival at the surgical facility, Check in at the Reception Desk. Bring your Alberta Health Care Card with you.
6. **IMPORTANT: Must** have a responsible adult/ guardian to take you home following your surgical procedure.

WRITTEN POST-OPERATIVE INSTRUCTION WITH PRESCRIPTION MEDICATED EYE DROPS WILL BE PROVIDED TO YOU AFTER SURGERY IS Complete!