



SIERRA
EYE CARE

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PATIENT INFORMATION FOR BEFORE & AFTER CATARACT SURGERY

ABOUT THE PROCEDURE

Cataracts are part of the normal aging process. Most people over the age of 65 will have some degree of cataract development. A cataract occurs when the natural lens of the eye becomes cloudy. As the cataract develops, vision becomes blurry and colors may become distorted. Patients find that many of their daily activities such as driving and reading become more difficult.

The visual problems associated with a cataract cannot be corrected with a new eyeglasses prescription, topical medications or laser treatment. Surgery is necessary to remove the natural lens and replace it with a new, artificial lens to restore your vision.

Cataract surgery is one of the safest and most successful procedures performed. The surgery is an outpatient procedure performed using a topical anesthetic. Patients typically experience minimal discomfort and notice an improvement in their vision within a short period of time.

PREPARING FOR SURGERY

After Dr. Arnold has completed your cataract evaluation, you will meet with his surgical coordinator. At this meeting, you will select a date for surgery, schedule an appointment for surgical measurements and review instructions to prepare you for your cataract surgery.

In preparation for your surgery you will need to arrange for the following:

- Blood work
A lab slip will be given to you for blood work. You must fast for this test; meaning no food or beverage after midnight the day prior to your blood draw.

- EKG
This heart test can be performed with either your primary care physician or cardiologist. If neither can perform an EKG for you, please contact our office for assistance in scheduling this test.
- Obtain prescription eye drops
The surgery coordinator will give you information about how to obtain these.

It is very important for you to complete these at least a week prior to your surgery. If these are not completed, it will be necessary to reschedule your surgery.

Depending on your insurance, your surgery will be performed at either Sacramento Eye SurgiCenter or Methodist Outpatient Surgery Center. Your surgery will be performed in the morning. The surgery center will telephone you *the day prior to your surgery* to arrange your arrival time.

PRE-OPERATIVE INSTRUCTIONS

Begin eyelid hygiene 5 days prior to your surgery unless otherwise instructed. (Additional information and instructions about eyelid hygiene can be found in the 'Patient Forms' section.)

Begin using your prescription eye drops as instructed by the surgery coordinator. If you use any other prescription eye drops for glaucoma or dry eye, continue using these as well.

DAY OF SURGERY

DO NOT HAVE ANYTHING TO EAT OR DRINK THE MORNING OF YOUR SURGERY. Fasting should begin at midnight the day prior to your surgery.

You may take your regularly scheduled medications for heart conditions and high blood pressure (*except for any diuretics*) with a small sip of water. Do NOT take any other medications, *especially* insulin and oral diabetic medications.

Wear simple, comfortable clothing to the surgery center. Shirts or blouses should have short sleeves and button-up fronts.

Female patients: Avoid wearing facial cosmetics.

You should expect to be at the surgery center for 2 ½ hours. Arrange to have a family member or friend take you home following the surgery.

WHAT TO EXPECT

Upon arriving at the surgery facility, you will be escorted to a pre-operative area. At this time a nurse will take a brief health history, obtain your vital signs and start an intravenous (IV) line. The IV will be used for the anesthesiologist to administer a mild sedative to make you feel sleepy. You will be awake during the procedure and alert enough to follow directions by the surgeon. The eye is numbed with a topical anesthetic. The entire procedure takes approximately 15 minutes.

After you leave the surgical suite, you will be taken to the recovery area where a nurse will ensure your comfort and make certain your vital signs are stable. Once discharge orders are completed, you will be allowed to return home with your family member or friend.

POST-OPERATIVE INSTRUCTIONS

Continue using your prescription eye drops as instructed by the surgery coordinator. If you use any other prescription eye drops for glaucoma or dry eye, continue using these as well.

You may take over-the-counter pain relievers such as Tylenol for minimal discomfort or pain.

If necessary you may take the prescription Tylenol #3 with Codeine (pain reliever) to reduce any pain or discomfort you may experience. Take one tablet every 4-6 hours as needed for pain. Some patients experience nausea and upset stomach when taking prescription pain relievers. Discontinue this medication if these side effects occur.

You will have a 1 day post-operative appointment scheduled with Dr. Arnold at Sierra Eye Care. Additional post-operative appointments will be scheduled with either Dr. Arnold or your optometrist.

In most cases you will be able to resume many of your normal activities. Take caution to keep the eye dry and clean and avoid bumping or pressing on the eye. Driving may be resumed once your doctor has established your vision meets state requirements. If you have any questions or concerns regarding resuming activities, please do not hesitate to ask your doctor or the surgery coordinator.

When outside, continue to wear dark sunglasses to reduce light sensitivity.

An eyeglasses prescription will be provided 3-4 weeks after your surgery. If you require eyeglasses for reading or close work, over the counter reading glasses are usually sufficient. These can be purchased in many drug stores, supermarkets and discount stores without a prescription.

WHEN TO CALL THE OFFICE

If at any time following the surgery you should experience sudden and dramatic increased eye pain, decreased vision or flashes and floaters **call the office immediately** at (916) 423-4040.

If you should notice an increase in soreness or light sensitivity 1 to 3 weeks following the surgery, call the office at (916) 423-4040.

If you have any questions or concerns about your recovery or progress, please do not hesitate to telephone the office at (916) 423-4040 for advice or reassurance.