

## CATARACT SURGERY PRE-OP INSTRUCTIONS

1. **ARRIVE AT THE OFFICE OF YOUNG H CHOI, M.D.**

\_\_\_\_\_ eye on \_\_\_\_\_ at \_\_\_\_\_

2. **YOUR SURGERY WILL BE AT ANOTHER LOCATION AFTER YOUR OFFICE EXAMINATION.**

3. **START EYE MEDICATIONS** in the operative eye. *Wait at least 5 minutes between different eye drops.* Use these drops **only** in the eye you are having surgery on at this time.

**OFLOXACIN**                      **1 drop 4 times a day beginning three days before surgery, and then 2 times the morning of surgery**

**KETOROLAC**                      **1 drop 4 times a day beginning three days before surgery, and then 2 times the morning of surgery**

4. **KEEP CONTACT LENSES OUT** before examination and surgery (1 week for soft contact lenses & 3 weeks for toric or gas-perm contact lenses).
5. **EAT A LIGHT BREAKFAST** the morning of surgery. You may have one piece of dry toast and one cup of black coffee, tea, or 7-up. **DO NOT** use any dairy products, cream in coffee, or butter on toast the morning of surgery. **DO NOT** eat or drink anything after 6:00 A.M.
6. **TAKE YOUR REGULAR MEDICATIONS** with a *sip of water* early the morning of surgery; except, **DO NOT** take your insulin or diabetes pill the morning of surgery if you have diabetes. **DO NOT** take FLOMAX, AVODART, or other prostate medication two weeks prior to your cataract surgery. *Bring all medications or a list of your medications with you to the office and surgery center.*
7. **PLEASE BATHE OR SHOWER** the morning of surgery. **DO NOT** apply lotion or powder.
8. **DO NOT APPLY MAKE-UP** the morning of surgery.
9. **LEAVE JEWELRY AND VALUABLES AT HOME**
10. **WEAR LOOSE, COMFORTABLE CLOTHES.** A short-sleeve shirt that buttons down the front.
11. **BRING ALL CURRENT INSURANCE CARDS** to the office and surgery center.
12. **A RESPONSIBLE ADULT MUST BE WITH YOU AT SURGERY** and stay with you for 24 hours.
13. **YOUR EYE DOCTOR WILL SEE YOU THE DAY AFTER SURGERY.** You will receive the appointment time in the recovery room after surgery.
14. **CALL OUR OFFICE** if you have any questions at **205.879.2221** or **800.457.2394**.

**– YOUNG H. CHOI, M.D.**

## CATARACT SURGERY POST-OP INSTRUCTIONS

PATIENT \_\_\_\_\_

1. APPOINTMENT TOMORROW with Dr. \_\_\_\_\_ at \_\_\_\_\_.

2. **START MEDICATIONS TODAY** in the operative eye. Continue other routine medications. Wait at least 5 minutes between different eye drops. **TAKE YOUR EYE MEDICATIONS** with you to post-op examinations. *Your doctor may change this medication regimen at your examination.*

**OFLOXACIN**                    1 drop 4 times a day for 1 week

**KETOROLAC**                1 drop 4 times a day for 2 weeks, then  
1 drop 2 times a day for 2 weeks

**PRED ACETATE**            1 drop 4 times a day for 2 week, then  
1 drop 2 times a day for 2 weeks

**TEARS**                      1 drop as needed for scratchy sensation

3. **WEAR EYE SHIELD** taped in place while asleep for 1 week.

4. **DO NOT RUB OR BUMP YOUR EYE!**

5. **BLURRED VISION SHOULD BE EXPECTED** immediately after surgery and usually begins to clear in a few days. New glasses can be obtained from your optometrist when the eye is stable.

6. **MINOR DISCOMFORT IS NORMAL** and should improve in a few days. Scratchy sensation, mild redness, and tearing may be noticed. Tylenol, Motrin, or Advil may be taken as needed for pain.

7. **USE YOUR EYE.** Visual tasks such as reading or watching TV will not harm the eye. You may wear either your regular glasses or your sunglasses as you desire.

8. **RESUME YOUR REGULAR DIET AND ROUTINE MEDICATIONS.**

9. **RESUME YOUR PHYSICAL ACTIVITIES.** Strenuous activities and lifting items over 20 pounds should be avoided for 1 week. *Ask your doctor when you may resume driving.*

10. **YOU MAY BATHE AND SHAMPOO YOUR HAIR** the day after surgery. **DO NOT** get soap or shampoo in your eye. **DO NOT** use eye make-up for 1 week.

11. **CALL OUR OFFICE IMMEDIATELY** if you have severe pain or significant loss of vision at 205.879.2221 or 800.457.2394.

– YOUNG. H CHOI, M.D.