

# Instructions For Cataract Surgery

The date of your cataract surgery is \_\_\_\_\_

1. You will need to pre-register by telephone with Maine General Medical Center prior to your surgical date. We ask that you complete this step at least 3 business days prior to your surgery date by calling 626-1583 or 1-800-343-3400.
2. Because of medications given for sedation, you will need a driver to take you home from the hospital after surgery. Please make sure that you have arranged for transportation.
3. If you are already using eye drops, either prescription medications or over the counter drops such as artificial tears, you should continue to use these both before and after surgery unless you are expressly instructed to stop them.
4. You will need to start eye drops 2 days prior to your surgical date. Wait 15 minutes between one drop and the other to avoid washing out the first drop. You may use either one first. Begin your drops on \_\_\_\_\_.

You will receive a prescription for moxifloxacin, an antibiotic. Fill this at your



preferred pharmacy. Use one drop three (3) times a day, about 8 hours apart in the eye that is having surgery. Also, place one drop in the eye on the morning of surgery.

You will receive Bromsite, an anti-inflammatory medication. This drop will be



mailed to you from the Community Pharmacy in Randolph. Place one drop daily in the eye having surgery. Also, place one drop in the eye on the morning of surgery.

5. On the night before surgery or early on the morning of surgery, wash your hair for hygiene.
6. On the day of surgery:
  - A. Take all of your usual medications with a sip of water. If you take insulin and will not be eating, take  $\frac{1}{2}$  of your usual morning dose of long-acting insulin. If you use inhalers, bring them with you to the hospital.
  - B. Completely remove all face makeup. This includes all sunscreens, moisturizers, liquid foundation, powder, eyeliner, mascara and eye shadow. Place drops in the eye that will have surgery.
  - C. Remove earrings and necklaces and leave them at home. Wear comfortable clothing. It is generally not necessary to remove dentures prior to surgery, but you will need to remove your hearing aid just before surgery on the same side as the eye you are having surgery on.
  - D. You may have clear liquids only such as black coffee, tea, apple juice, soft drinks or soup broth up to 3 hours before your surgery. Sugar in coffee or tea is okay. No alcohol, milk, cream, orange, pineapple or prune juice. Do not eat breakfast on the morning of surgery.
  - E. Arrive at the hospital by \_\_\_\_\_.
  - F. Go to the Same Day Surgery Unit on the 2<sup>nd</sup> floor of Maine General Medical Center Thayer Hospital in Waterville. You will be at the hospital for 2-3 hours. The nurse will provide you with a cap for your head and a gown to change your clothing. A dilating gel will be placed in the eye that will have surgery. The nurse will start an IV and an anesthesia provider will give you appropriate medication for sedation to ensure your comfort before, during and after the surgery. After surgery, you will be given something to eat and drink.

- G. You will be given a list of post-surgery instructions before you leave the hospital. For your own safety, you should arrange for someone to stay with you for at least six hours after you leave the hospital.
- H. You will return to the office on the day after surgery to see your doctor at \_\_\_\_\_.