

Instructions For Cataract Surgery

The date of your cataract surgery is _____

1. Maine General Medical Center (Thayer Campus) will call you to pre-register by telephone. The number will read as 207-861-6300 and will come up as Waterville, ME.
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. The antibiotic prescription will be sent to your preferred pharmacy. It is important that you pick this medication up at least several days before you are to begin taking it. Many pharmacies are now closed on weekends and there have been sporadic drug shortages. Failure to take your medications may result in needing to reschedule your surgery. Please call the office for further instructions if you are unable to start your medications in preparation for surgery for any reason. When using your eye drops, 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 moxifloxacin, an antibiotic. 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 Pred-Brom, an anti-inflammatory medication. Shake well and place one drop twice (2) a day 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 are a diabetic, 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.



- C. Use one Ocusoft lid scrub to clean the lashes of the eye that will have surgery. Keep the eye closed while using the lid wipe. Place your eye drops in the eye that will have surgery, waiting 15 minutes between them.
- D. Remove earrings and necklaces and leave them at home. Wear comfortable clothing. You will need to change your shirt at the

hospital. Choose something that is easy for you to remove and put on. 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.

- E. Do not eat solid foods or drink any liquids after midnight the night before surgery. If you do not fast, we will have to cancel your procedure.
- F. Arrive at the hospital by _____.
- G. Go to the Same Day Surgery Unit on the 2nd 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 top. 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.
- H. 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 arrive back home.
- I. You will return to the office on the day after surgery at _____.