



## PLANNING FOR YOUR CATARACT SURGERY BEFORE / DURING /AFTER

You have been scheduled for cataract surgery and may have some questions. This is an overview of the information you received during your appointment with your surgeon.

If you have not scheduled your surgery, you can contact our surgical coordinators to find out which dates are available with your surgeon. Their contact information is located on page 5 of this document.

**Eyesight does not schedule your surgery time.** You will be contacted by the surgery center the day before your procedure with your expected arrival time. **If you have not heard from the surgery center by 2:00pm prior to your procedure, please contact them directly:**

**Coastal Surgical Center** - 291 Shattuck Way, Newington NH  
603-314-8035 (before 4:30pm)

**Portsmouth Ambulatory Surgery Center** - 333 Borthwick Avenue, Portsmouth NH  
603-433-0941 (before 5:30pm)

**Frisbie Memorial Hospital** - 11 Whitehall Road, Rochester NH  
603-330-8936 (after 5pm 603-332-5211)

**Wentworth Douglass Hospital** – 789 Central Avenue, Dover NH  
603-740-2281 (after 6pm 603-740-2433)

**Exeter Hospital**  
5 Alumni Drive, Exeter NH 603-580-7568 (before 4:30pm)  
603-580-7568 (before 4:30pm)

**YOU WILL ALSO BE SEEN FOR A FOLLOW UP APPOINTMENT AFTER SURGERY.** If you are scheduled for surgery, but do not know the follow up date or location, please contact our office or your surgical coordinator.

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## PRIOR TO CATARACT SURGERY

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**PRE-SURGICAL EYE DROPS** – After cataract surgery, patients are often instructed to instill multiple prescription drops to prevent infection, inflammation, and pain, and each drop is on a different schedule. This can be confusing, so we have compounded your multiple eyedrops into one prescription called Imprimis and it contains all the prescriptions you need! **NOTE: All prescriptions or Imprimis eyedrops will need to be picked up PRIOR to surgery.** IMPRIMIS eyedrop can be purchased at the front desk at any Eyesight location during normal business hours.

**START THE IMPRIMIS DROPS ON:** \_\_\_\_\_ **in** \_\_\_\_\_ **eye only.**

- **Beginning 1 hour BEFORE YOU LEAVE HOME**, (regardless of how long it takes you to get to the surgery center) use the IMPRIMIS eyedrops every 15 minutes for a total of 4 times. i.e, if you are leaving home at 9:00am, you would use the IMPRIMIS eyedrops at 8:00, 8:15, 8:30 and 8:45.  
**Note: Shake eye drop bottle well prior to use.** Note that it is only necessary to use **1 drop at a time** from the bottle *regardless of what the package insert says.*
- Bring your eye drops and Surgery Drop Schedule to all follow-up appointments.
- **Please follow the eye drop chart you were given at the time of booking.**

**If you are using prescribed eyedrops (NOT IMPRIMIS eyedrops), please follow the eyedrop instructions supplied to you by your surgical coordinator.**

**If prescribed, discontinue Xiidra/Restasis/Cequa, in the surgical eye only, beginning the morning of surgery. START XIIDRA, RESTASIS or CEQUA on:** \_\_\_\_\_ **in the** \_\_\_\_\_ **eye only.**

- Use **1 drop, 2 times per day** (morning and evening). **Note:** One vial should be used for a maximum of 2 days, regardless of the instructions from the pharmacy. Stop the Xiidra or Restasis once you start the pre-surgical drops

### **SURGERY PREPARATION**

- **You must have** responsible adult designated to accompany you to and from surgery. You will be asked to identify this person prior to surgery.
- If you are having an **OPTIWAVE, TORIC ASTIGMATISM REDUCTION, or PRESBYOPIC REDUCTION PROCEDURE**, **you must be out of contact lenses 5 days prior to surgery.**
- **On the night before surgery, or the morning of, take a bath or shower and wash your hair thoroughly.** In the morning, wash your face with soap and water. Please make sure you remove all mascara or eyeliner.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY! This includes coffee, toast, juice, etc.**
- **Take your usual morning medications with a sip of water.** If you take **INSULIN or DIABETIC medication**, the intake nurse from the surgery center will provide instructions on how and when to take your medication. As always, bring your insulin with you to surgery.
- **BRING SUNGLASSES, GLASSES (if you wear prescription lenses), YOUR SURGERY BAG, AND EYE DROPS WITH YOU TO SURGERY.**
- **Wear loose-fitting clothing, slip on shoes (no boots), and a BUTTON-DOWN SHIRT to your surgery.** Do not wear makeup, ANY jewelry, nail polish, hairspray, perfume/cologne, or lotions. Deodorant is fine.
- **There are usually no medication restrictions for cataract surgery.** You may continue taking aspirin products, Coumadin, Plavix, etc., unless otherwise directed by your surgeon

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## DURING CATARACT SURGERY

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You must have a responsible adult designated to accompany you to and from surgery. You will be at the surgery center for 1-2 hours.

If your surgery is at Coastal Surgical Center, please be aware that they do require a credit card on file for surgery. This card will not be charged and is only held.

After check in, you will then be brought to the “short stay” area of the operating room. Many people, (doctors and nurses alike) will speak with you and several consent forms must be signed.

An intravenous line will be placed in your arm and several eye drops will be placed in your eye(s). You will then be brought to the operating room and you will be given oxygen and given medication through an intravenous line to relax you.

You will be partially sedated during the procedure. The eye and skin around the eye will be cleaned and a drape will be placed over your body exposing only the operated eye. The actual procedure is usually brief – roughly 20 minutes. Recovery is fairly quick and, once cleared by the medical team, you will be ready to go home and rest.

You will have an appointment shortly after surgery and then a few weeks to a month later. You will need to pick up your prescriptions at your pharmacy or IMPRIMIS eyedrops at our office prior to surgery. You will take these drops in the operated eye for at least 4 weeks.

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## AFTER CATARACT SURGERY

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1. We prefer that you refrain from most activities for the rest of the day, and that someone stays with you until the day after surgery. Your eye may be slightly sore, itchy, scratchy, or feel like it is very teary.
2. Your vision may be blurry the day of surgery, and it may take several days for your vision to clear. If your eye is patched, we prefer that you keep the eye patch on, unless otherwise directed.
3. If you are having both eyes done within a short period of time, you may notice one eye healing more quickly and seeing better at a faster rate. This is not unusual. You may also need glasses to improve your vision for distance as well as up-close.
4. Eye protection is recommended outdoors (sunglasses or glasses) and a shield at bedtime for **1 week**. Use your own discretion when indoors. Your surgeon assures you that no harm will come to your eyes if you choose to wear your “old” glasses.

Daytime – regular glasses or sunglasses

Bedtime/Naps – Eye Shield

When putting on your eye shield, place the “arm” above your nose and place a piece of tape above and below so you can still see through it.

If you are provided an eyepatch instead of a shield, the eyepatch is not clear to see through, but should be taped on the face in the same manner.



Eye patch



Eye shield

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5. No restrictions on bathing, showering, shampooing hair, having a permanent, or drying your hair, BUT **NO swimming** underwater for 3 weeks. **No eye makeup** for one week.
6. **YOU MAY** travel in an airplane, read, and watch T.V.
7. **YOU MAY** bend over to put on shoes, socks, or pick up things (NOT OVER 35lbs.)
8. **YOU MAY** sleep in any position.
9. Occasionally, your vision may be good enough to drive as soon as the day after surgery. Ask your surgeon if you are not sure. Please be aware that your eye will likely stay dilated for 1 to 2 days after surgery.
10. Please refrain from any vigorous physical activity that might increase your chances of falling and hitting your “operated” eye (such as skiing, skating, tennis, etc.) for **1 WEEK**. It is okay for you to take a walk or play golf as long as you are wearing eye protection. If you are unsure, please ask.
11. It is not unusual to experience watering, a foreign body or a scratchy sensation for the first few weeks after surgery as the eye heals. It will improve with time. While it is okay to use lubricant eye drops, i.e. “artificial tears”, please **do not begin using them until at least 1 week after surgery.**

**PLEASE CALL THE OFFICE AS SOON AS POSSIBLE** if you experience sudden intense pain or a dramatic change of vision in the “operated” eye.

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## **MEDICATIONS**

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1. Most patients will be prescribed a special combination drop called Imprimis. This drop contains a combination of 3 eyedrops - Prednisolone Acetate, Moxifloxacin and Nepafenac. **You can pick up your Imprimis eyedrops at any Eyesight office during normal business hours. You will need to purchase 1 bottle PER EYE.**
  - **Note:** if you are allergic to any of the medication in the Imprimis eyedrops, our office will call a different set of prescriptions into your pharmacy.
2. **After surgery, you will use 1 drop of your Imprimis eyedrops in the operated eye 4 times per day (generally at 8am, 12pm, 4pm and 8pm) for 14 days, then 2 times per day (once in the morning and once at night). This drop is usually used for a minimum of 4 WEEKS after surgery; however, your surgeon will inform you of any changes in the length of time or frequency to use your eyedrops. We recommend only purchasing 1 bottle of Imprimis drops PER EYE, unless your surgeon suggests you purchase more after your post-operative appointment.**
3. Bring your eye drops and Surgery Drop Schedule to all follow-up appointments.
4. If you do not have Imprimis enough drops, **stop into any Eyesight office location** to purchase more. If you have a pharmacy prescription, a refill is already available at your pharmacy.
5. For those patients who are on **Restasis or Xiidra or Cequa**: Please resume these drops **AFTER** surgical drops are gone.
  - **2 times per day** until gone in the operated eye(s).
  - One vial should be used for a maximum of 1 or 2 days regardless of the instructions you receive from the pharmacy or on the package.



## **CONTACT INFORMATION**

**Please contact your Eyesight surgical coordinator if you have any questions by dialing  
603-501-7868 and entering their extension prompt.**

### **PORTSMOUTH COORDINATORS:**

Sandy x230

Leah x240

### **SOMERSWORTH COORDINATORS:**

Cassie x263

Kimberly x541

### **EXETER COORDINATORS:**

Deb x317

### **KITTERY COORDINATORS:**

Rebecca x540

### **SURGERY CENTER CONTACTS:**

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# Your family of Eyesight staff is here to assist you with every aspect of caring for your eyes.



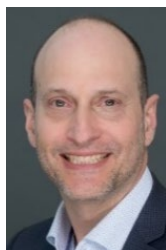
Lucian  
Szmyd, MD



Claudia  
Bartolini, MD



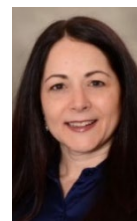
Christopher  
Turner, OD



Warren  
Goldblatt, MD



Kinley  
Beck, MD



Lauren  
McLoughlin, OD



N. Timothy  
Peters, MD



Jennifer  
Ling, MD



Janet  
Rand, OD



Marsha  
Kavanagh, MD



Jason  
Szelog, MD



Renee  
Lynch, OD



Timothy  
Sullivan, MD



Nathaniel  
Sears, MD



Hilary  
Hamer, OD



Dwight  
Arvidson, OD

## **PORTSMOUTH**

155 Borthwick Avenue  
Suite 200 East  
Portsmouth, NH 03801  
Tel: (603) 436-1773  
Fax: (603) 427-0655

## **EXETER**

McReel Building  
192 Water Street  
Exeter, NH 03833  
Tel: (603) 778-1133  
Fax: (603) 778-1055

## **SOMERSWORTH**

267 Route 108  
Somersworth, NH 03878  
Tel: (603) 692-7500  
Fax: (603) 692-7575

## **KITTERY, ME**

99 US-1, Suite B  
Kittery, ME 03904  
Tel: (207) 439-4958  
Fax: (207) 439-4313