

PREPARING FOR YOUR CATARACT PROCEDURE BEFORE / DURING /AFTER

Name: _____ DOB: _____

You have been scheduled for ☐ RIGHT ☐ LEFT eye surgery.

DATE OF SURGERY: _____ **Surgeon:** _____

ARRIVAL TIME: 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. **You will also be called 1-2 weeks prior to surgery to go over your medical history. If you have not heard from the surgery center by 3:30pm the day before your procedure, please contact them directly at 603-314-8035 to get your time.**

Note: The first 2 pages of this book offer a convenient overview of items covered in this book.

SURGERY CENTER / LOCATION OF SURGERY:

_____ Coastal Surgical Center – 291 Shattuck Way, Newington NH

Alternative locations:

_____ Frisbie Memorial Hospital - 11 Whitehall Road, Rochester NH

_____ Wentworth Douglass Hospital - 789 Central Avenue, Dover NH

_____ Exeter Hospital - 5 Alumni Drive, Exeter NH

AFTER SURGERY APPOINTMENTS: YOU MUST BE SEEN FOR A FOLLOW UP APPOINTMENT AFTER SURGERY. PLEASE PLAN TO SEE US AT EYESIGHT ON THE FOLLOWING DATE/TIME:

1st post-op appointment is in the **EYESIGHT OFFICE** in ☐ Portsmouth ☐ Somersworth ☐ Exeter
☐ Kittery ☐ Sanford
on _____ at _____ with Dr. _____.

2nd post-op appointment is in the **EYESIGHT OFFICE** in ☐ Portsmouth ☐ Somersworth ☐ Exeter
☐ Kittery ☐ Sanford
on _____ at _____ with Dr. _____.

Light Adjustable patients only will have a series of follow up appointments to adjust the lens. These are scheduled 1 month after surgery(ies). **Your 1st adjustment to your lens is scheduled for**

on _____ at _____ in the ☐ PORTSMOUTH ☐ SOMERSWORTH OFFICE*

***NOTE: All LAL adjustments require dilation. These appointments are generally 1 – 1 ½ hours**

SURGERY CHECKLIST

SCHEDULING SURGERY

- ☐ **Make sure you know the date(s) for your surgery.**
 - If you are only having one eye treated, you should have 1 copy of this book.
 - If you are having 2 eyes treated, you should have 2 copies of this book.
- ☐ **Make sure you know the date / time location of your follow-up appointments. You will have 1 or 2 follow-up appointments already scheduled after EACH surgery date.**
 - 1st post-op appointment – either the same day of surgery or the day after.
 - This appointment will be with your surgeon in one of our Eyesight offices.
 - 2nd post-op appointment – 2-5 weeks following surgery.
 - This appointment will be with a doctor in one of our Eyesight offices.
- ☐ **Make sure you have turned in all your consent forms. We cannot schedule your surgery until you have signed:**
 - “Informed Consent for Cataract Surgery”.
 - “Lens Choice and Informed Consent for Cataract Surgery” (this was the form you signed with your surgeon at your Cataract Evaluation).
 - Additional forms, such as Health Plan Denials and Personal Obligation / Cash Pay (pg. 17), may be required if you do not have insurance or Authorization to Perform Services (pg. 16) for premium packages.
- ☐ **If you have a Health Proxy, DPOA (dual power of attorney), require a translator, or need additional support for surgery, please make sure we have this information on file.**
- ☐ **If you have a cardiologist or a PCP who needs to approve your surgery,** please make sure we have their contact information and/or written documentation authorizing you to proceed with surgery.

1- 2 WEEKS PRIOR TO SURGERY

- ☐ **Arrange to pay for any out-of-pocket payments that may be necessary (premium lens packages).**
 - Eyesight will collect physician fees.
 - The surgical center will collect facility and lens fees.
- ☐ **Make sure you have your pre/post operative eyedrops.**
 - Imprimis (available at any Eyesight location) or 3 prescriptions (called into your pharmacy).
 - Klarity compounded lubricating drops or lubricating over the counter eyedrops (only for premium lenses).
 - Any ocular ointments that may have been called in (usually for glaucoma or retina combined procedures).
- ☐ **1 week prior to surgery, stop taking Ozempic or other weight loss semaglutides.**
- ☐ **Be prepared to receive a call from a nurse at the surgical center.**
 - They will discuss your medical history as well as the current prescriptions and medications you are using.
 - They will review pre and post-surgery information.

1-2 BUSINESS DAYS PRIOR TO SURGERY

- ☐ **You will receive a call from the surgical center with your arrival time and to answer medical related questions.**

DAY BEFORE SURGERY

- ☐ **Review page 4-6 of this book for complete instructions.**
- ☐ **Do not eat or drink anything after midnight or your surgery will be postponed.** Medications may be taken with a SIP of water. Please verify this with the nurse who contacts you prior to surgery.
- ☐ **Be prepared to use your eyedrops in the morning (see page 9 or 10 of this book).**

PRIOR TO CATARACT SURGERY

After cataract surgery, patients need to use several different prescription eye drops to help prevent infection, reduce inflammation, and manage discomfort. These drops are usually taken on different schedules, which can be confusing. To make things easier, we offer a convenient option called Imprimis—a single eye drop that combines all the necessary medications into one. This helps simplify your routine and makes it easier to follow the treatment plan.

- **Imprimis is not covered by insurance**, but the cost is typically similar to what you'd pay in co-pays for three separate prescription drops.
- If you've selected an **upgraded lens package**, Imprimis is included at no additional cost.
- If you've selected the **Basic Lens package**, Imprimis must be purchased separately before surgery.
- Regardless of whether you are using Imprimis or traditional prescription drops, all eye drops must be picked up before your surgery. **Imprimis is available for purchase or pickup at the front desk of any Eyesight location.**

START THE IMPRIMIS DROPS ON: _____ in the **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 leave 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 instructed to use in this book on pages 9 or 10.**

If you are using the 3 prescribed eyedrops (NOT IMPRIMIS eyedrops), please follow the eyedrop instructions on page 10 of this document.

If you regularly use other prescription eyedrops, please consult with your surgeon regarding their use before or after, surgery. If you use Xiidra, Restasis or Cequa, use 1 drop the morning of surgery, and then resume 1 WEEK AFTER SURGERY.

SURGERY PREPARATION

- **Designated Driver:** You must have a responsible adult to accompany you to and from surgery.
- **If you are receiving an Optiwave, Toric, or Presbyopic lens:** **Stop wearing contact lenses 7 days before surgery** (or **3 weeks** for rigid/gas permeable lenses).
- **If you are receiving a Basic or Light Adjustable lens:** **You may wear contact lenses until the night before surgery.**
- **On the night before surgery** take a bath or shower and wash your hair thoroughly. **In the morning**, wash your face with soap and water and make sure you remove any mascara or eyeliner.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY!** This includes coffee, toast, juice, gum 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.
- If you use **Ozempic or weight loss semaglutides**, please stop using them 1 week before surgery.
- **BRING SUNGLASSES and/or 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.** No makeup, any jewelry, nail polish, hairspray, perfume/cologne, or lotions. Deodorant is ok.
- **There are usually no medication restrictions for cataract surgery.** Blood thinners (aspirin, Plavix, etc.) are usually okay unless you are told otherwise by your surgeon

DURING CATARACT SURGERY

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.

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 2-6 weeks depending on your recovery.

AFTER CATARACT SURGERY

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 a little watery.
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 have both eyes done within a short period of time, YOU MAY NOTICE ONE EYE HEALING MORE QUICKLY AND SEEING BETTER AT A FASTER RATE. Each surgery may seem like a different experience. This is not unusual. You may need glasses to improve your vision for distance as well as up-close.
4. Wear sunglasses or glasses for **1 week when outdoors**. Use your own discretion when indoors. It IS SAFE to wear your old glasses. **Note: Light Adjustable Lens (LAL) patients MUST wear the 100% UV protecting sunglasses / clear glasses or clear bifocals outdoors or wherever exposed to UV.**

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 with 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

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.

5. **YOU MAY** travel in an airplane, read, and watch T.V.

6. **YOU MAY** bend over to put on shoes, socks, or pick up things (NOT OVER 35lbs.)
7. **YOU MAY** sleep in any position.
8. 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 may stay dilated for 1 to 2 days after surgery.
9. 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.
10. 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.
11. 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. **If you had a premium lens implant or Optiwave**, you were provided with a compounded lubricating drop called Klarity. This should be used TWICE A DAY (am and pm), beginning 1 WEEK AFTER SURGERY. Use the Klarity drops until the bottles are gone.

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

MEDICATIONS

- Most patients will receive Imprimis eye drops, which contain Prednisolone Acetate, Moxifloxacin, and Nepafenac. These can be picked up at any Eyesight office during regular hours.
- **For Basic Lens procedures**, you'll need to purchase one bottle of Imprimis per eye or fill your prescribed eyedrops. A majority of patients will have increased symptoms of dry eye after surgery, so we also recommend over the counter lubricating eyedrops, especially if you are having surgery on both eyes.
- **For Optiwave or Premium Lens procedures**, you'll receive both Imprimis and Klarity lubricating drops (one bottle per eye) after your payment is processed. If additional prescriptions, such as ointments, are required, they will be called into your pharmacy.



Note: If you're allergic to any Imprimis ingredients, we'll send a different prescription to your pharmacy.

- **Post-Surgery Eye Drop Instructions** - After surgery, use Imprimis in the operated eye four times a day (e.g., 8 am, 12 pm, 4 pm, and 8 pm) for 14 days. If advised by your doctor, reduce it to twice daily (morning and night). You'll likely need to use the drops for at least four weeks, but your doctor will inform you of any adjustments. One bottle per eye should suffice, and your surgeon will let you know if you need more. Wait 5 minutes between different drops.
- **Reminder:** Bring all your eyedrops, ocular ointments (if prescribed) and surgery instructions to your surgery and all follow-up appointments.
- **Refilling Prescriptions** - If you run out of Imprimis, or if you would like to purchase more Klarity, you can get more at any Eyesight location. If you need to refill your prescriptions at the pharmacy, a refill authorization was already sent.

If you regularly use other prescription eyedrops, such as Restasis, Xiidra or Cequa, please consult with your surgeon regarding their use before or after surgery.

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



Lucian Szmyd, MD



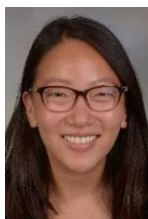
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