

New England VISION

Cataract Surgery Packet

Noah B. Saipe, M.D.

Name: _____

Date(s) of Surgery: _____

Please read through this packet to help you prepare for your surgery.

FEES

**PLEASE BE AWARE THAT YOU WILL BE RECEIVING 3 STATEMENTS
FOR YOUR SURGICAL PROCEDURE**

1. Surgery Center
2. Anesthesiologist
3. Noah Saipe, M.D.

BEFORE YOUR PROCEDURE

PRE-OPERATIVE PHYSICAL

Call your Primary Care doctor and make an appointment for a pre-operative History and Physical Exam. This exam must be within 30 days of your scheduled surgery date. An EKG may be performed at this appointment at the discretion of your primary doctor. This appointment is REQUIRED for you to be cleared for surgery. Your doctor's office will fax us the History & Physical Form before your surgery date.

EYE DROPS

You have been given multiple eye drop prescriptions. Please make sure you fill them at least one week before your surgery date.

SEE PAGE 5 FOR EYE DROP INSTRUCTIONS

ARRIVAL TIME

The Surgery Center will call you approximately 1 week before surgery with your arrival time. If you have not heard from anyone 3 days before your surgery day, please call them at (802) 861-3554. Please have your PRE-OPERATIVE PHONE CALL SHEET out and ready for this phone call. Please have the second page of your pre-operative phone call sheet filled out before this phone call.

DRIVER

You will need to arrange for a driver on the day of surgery and for the 1-day postoperative appointment. On your surgery day, expect to be at the surgery center for about 3 hours; your arrival and departure time will be given to you about 1 week before your procedure. For the 1-day postoperative appointment, expect to be at the clinic for about 30 minutes.

PLEASE NOTIFY OUR OFFICE IF...

You develop any sickness that could delay or cancel your surgery.

**WITH FURTHER QUESTIONS, PLEASE CALL
(802) 861-9306 EXT. 225**

DAY OF SURGERY



Surgical Excellence in a Personal and Caring Environment

BEFORE YOU ARRIVE

Either the night before or the morning of surgery, you should take a shower with antibacterial soap (such as Dial) and wash your hair with your regular shampoo.

You may take your routine morning medications with small sips of water when you first get up in the morning, or up to 3 hours before your scheduled arrival time (unless otherwise instructed by your doctor).

WHAT TO WEAR

Wear loose comfortable clothing and a short-sleeve button-down shirt. Leave all jewelry and valuables at home. Do not wear make-up on the day of surgery.

WHAT TO BRING

Please bring your insurance cards. The Eye Surgery Center is separate from Dr. Saipe's office and we do not have this information on file.

Bring your glasses, hearing aids, insulin, or inhalers that you might need during your time at the surgery center.

THE EYE SURGERY CENTER

The Eye Surgery Center is on the **FIRST FLOOR** of our building. The address is 1100 Hinesburg Road, South Burlington, VT 05403.

DRIVER

You will need a driver for the day of surgery. Expect to be at the surgery center for approximately 3 hours.

AFTER YOUR SURGERY

EYE PATCH AND PLASTIC SHIELD

Keep your patch and plastic shield in place over the eye until you return to your doctor's office the following day. Try to keep your eye closed under the patch.

REMEMBER: When the eye is patched, you may be a bit off-balance, so use caution when up and about.

PAIN OR DISCOMFORT

A scratchy sensation (the feeling of "having something in your eye") is expected. Any mild analgesic such as Tylenol or Ibuprofen may be used for discomfort.

DIET AND MEDICATIONS

Resume your normal diet as tolerated. Avoid spicy foods that could give you an upset stomach.

Resume all medications that you were taking before surgery, including any eye drops that you were using in the non-operative eye.

NO ALCOHOL for 24 hours after surgery or while you are taking pain medicine. Although you may feel reasonably alert, your reaction time and coordination may be impaired after surgery.

BATHING

Do not bathe until after you have been evaluated at your 1-day postoperative appointment. After that, you may bathe normally, but be careful to **NOT** get soap or water in the eye.

DRIVING

You will need a driver for your 1-day postoperative appointment. Expect to be at the clinic for about 30 minutes.

Check with your surgeon before you resume driving yourself.

EYE DROPS FOR SURGERY

DIFFERENT PATIENTS ARE PRESCRIBED DIFFERENT DROPS.

PLEASE DISREGARD THE DROPS THAT YOU HAVE NOT BEEN PRESCRIBED.

**** WHEN USING MULTIPLE DROPS AT THE SAME TIME, WAIT 5 MINUTES IN-BETWEEN ****

- **Antibiotic**

- Vigamox or Ciprofloxacin TAN CAP
 - You will start this drop **3 days before** your surgery.
 - You will continue this drop **after** your surgery for **one week**.
 - Use **1 drop, 4 times daily** in the operative eye.

- **NSAID**

- Ilevro or Prolensa GRAY CAP
 - You will start this drop **3 days before** your surgery.
 - You will continue this drop **after** your surgery for **four weeks**.
 - Use **1 drop, 1 time daily** in the operative eye.
- Ketorolac GRAY CAP
 - You will start this drop **3 days before** your surgery.
 - You will continue this drop **after** your surgery for **four weeks**.
 - Use **1 drop, 4 times daily** in the operative eye.

- **Steroid**

- Durezol PINK CAP
 - You will start this drop **1 day after** your surgery.
 - Use **1 drop, 2 times daily** for **two weeks**... then **1 drop, 1 time daily** for **two weeks** in the operative eye. You will use this drop a total of four weeks.
- Prednisolone PINK OR WHITE CAP
 - You will start this drop **1 day after** your surgery.
 - Use **1 drop, 4 times daily** for **one week**... then **1 drop, 3 times daily** for **one week**... then **1 drop, 2 times daily** for **one week**... then **1 drop, 1 time daily** for **one week** in the operative eye. You will use this drop a total of four weeks.

MORE POSTOPERATIVE INFORMATION

BLURRY VISION SHOULD BE EXPECTED and will begin to clear in a few days. New glasses can be obtained when vision is stable (usually within 3-6 weeks).

MINOR DISCOMFORT IS NORMAL AFTER SURGERY and should improve within a few days. Sensitivity to light, a scratchy sensation, and redness may be noticed. Tylenol or Ibuprofen may be taken as needed for pain. Do NOT rub the eye!

PROTECT YOUR EYE AT ALL TIMES. During the day, you may wear your regular glasses. When outdoors, you may wear sunglasses. While sleeping (overnight or napping), wear your plastic eye shield for the first 1-2 weeks.

USE YOUR EYE. Visual tasks such as reading, watching television, sewing, and playing cards are not harmful to the eye.

RESUME LIGHT PHYSICAL ACTIVITY. You may walk, climb stairs, cook, do light housework, and ride in a car.

AVOID EXERTION for 2 weeks after surgery. No strenuous activities, heavy lifting (heavier than a gallon of milk), or bending with your head below your heart. Try to avoid coughing or straining. All of these activities increase eye pressure and could be harmful. In addition, no swimming for 2 weeks.

YOU MAY BATHE after your 1-day postoperative appointment. You may wash your face and shampoo your hair, but be careful **NOT** to get soap or water in your eye. Do not rub your eye. Avoid wearing make-up for 2 weeks after surgery.

NOTIFY OUR OFFICE IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS

- Pain unrelieved by pain medication
- A sudden decrease in vision
- Fever higher than 100°F (38°C)
- Persistent nausea or vomiting