

Cataract Surgery Instructions

1. Once your surgery has been scheduled, you will be required to see your family doctor and have the History and Physical Form completed prior to the surgery date. This History and Physical form must be faxed to the number on the bottom of the form (613 507-4801) and the original copy must be brought with you on the day of surgery.
2. A Pre-Admission appointment may be set up by the hospital before the date of your surgery. Any pre-operative tests that are required will be done at this appointment. Instructions for surgery will be provided at this appointment.
3. A Biometry (measurement of the eye) is required prior to surgery. This painless test measures the precise dimensions of the eye. Computer analysis of the results allow for the appropriate selection of the lens power and type of implant to be used as a replacement lens at the time of the cataract surgery. Please start using artificial tears four times a day (Refresh, Systane, Thealoz, Hyabak, or Hylo) two weeks before your scheduled Biometry appointment. If you are a contact lens wearer, please do not wear your contact for two weeks prior to this appointment.

The day before Surgery

1. **Do not** drink or eat any food after midnight before your surgery. This includes gum, hard candy and cough drops.
2. **Do not** drink alcoholic beverages for at least 24 hours before and after surgery.
3. If you have diabetes, please bring apple juice with you in case you need it.
4. Report symptoms of cold, flu or infection to our office at (613) 507-4800. If it is later than 5:00 pm the day before surgery, please call the Outpatient Surgery Unit at (613) 544- 3400 ext. 2511 and leave a message.
5. The Day Surgery Unit at Hotel Dieu Hospital **will call you** with the time you are to arrive for your surgery one day prior to the date of your surgery between 3:00pm and 5:00pm. You may wish to call the Day Surgery Unit at (613) 544-3400 ext. 2511 should you not be home during the scheduled hours that they are expecting to call you.

The morning of Surgery

Start Zymar and Prednisolone eye drops on the morning of surgery. Instill one drop into your operative eye 4 times per day. Depending on the time of your surgery, you may only get one or two drops in before your scheduled surgery time. Continue all other eye drops that you may be using for pre-existing eye conditions.

The day of Surgery

1. Take all of your usual morning medications, except for diabetic medication, **with sips of water**. Bring all of your medications in the original labeled containers, including insulin and syringes, and all eye drops to the hospital with you.
2. Do not wear face or eye make-up or nail polish the day of surgery. Please remove all jewelry prior to surgery (rings, watches, earrings, necklaces, body piercings, hair clips and hair pins). Please wear a short-sleeved button down shirt/blouse. Bring a pair of sunglasses with you on the day of surgery.
3. Please report to Day Surgery on Jeanne Mance 2. Use the elevators beyond the information desk in the front lobby and get off on second floor, turn right off the elevators and Day Surgery is on the left side.
4. You are to bring only one escort with you to the hospital. They are required to wait at the hospital for the duration of your surgery (approximately 3 to 4 hours). Make arrangements for someone to drive you home after surgery and stay with you the first night.
5. If you wear glasses, contact lenses, dentures or a hearing aid, please bring along a case to store them in, as they must be removed prior to surgery.
6. When bending down (tying your shoes, getting an item off the floor) try to keep your head above your heart and bend with your knees. Avoid heavy lifting over 25 pounds for one week.
7. Please bring your drop instruction sheet with you to any post-operative follow up appointments.
8. You will return to our clinic one day after surgery. We will give you this appointment time along with your one week follow-up appointment time when you leave the hospital.

The morning after your procedure

Continue following your drop schedule as directed on your post-operative drop sheet. Please bring your drop instruction sheet with you to any post-operative follow up appointments. You will receive this instruction sheet at your departure from the hospital.

Any questions about your surgery; please call us at (613) 507-4800 Ext. 1