



## Pre-Op Instructions for Cataract Surgery

Dear Patient,

Please follow these important pre-surgery instructions to ensure a smooth procedure and recovery:

### 1. Medications:

- **Start using your prescribed eye drops 3 days before surgery on \_\_\_\_\_.** Follow these instructions carefully:
  - **Steroid (Durezol):** Use 1 drop **twice a day** (morning and evening). This drop should always be applied **first**, followed by the other drops.
  - **Antibiotic (Vigamox):** Use 1 drop **twice a day** to prevent infection. Wait **5 minutes** after the steroid drop before applying this one.
  - **Anti-inflammatory (Ilevro):** Use 1 drop **twice a day**. Again, wait **5 minutes** after the last drop to ensure each medication absorbs properly.
  - **Lubricating Drops (Artificial Tears):** You can use these **as needed** to keep your eyes moist. Use them throughout the day for comfort.

**Important:** When you pick up your drops from the pharmacy, read the instructions on each bottle carefully, as the dosage frequency may differ depending on the brand (some drops may require use **twice a day**, others **four times a day**). Follow the pharmacy's instructions and keep to the schedule provided.

- If you wear **hard contact lenses**, please **stop wearing them 1 week before surgery**. Soft lenses can be worn up until the day before surgery.
- Continue taking your **regular medications** unless advised otherwise by your doctor. If you take **blood sugar medication** or **blood thinners**, please inform Dr. Tinoosh, as you may need to pause these medications before surgery.

### 2. Day Before Surgery:

- **No food or drink** after midnight before your surgery day. This is crucial for your safety during sedation.
- Ensure you have **ID, insurance cards**, and your **prescribed eye drops** ready to bring with you.
- **Arrange for a designated driver** to take you home after surgery, as you will not be able to drive yourself.

### 3. On the Day of Surgery:

- Wear **comfortable clothing** and **avoid makeup, lotions, or perfumes**.
- Arrive **1 hour before your scheduled surgery time** for check-in and preparation.
- You will be **awake but sedated** during the procedure, which will last about 15-20 minutes.