CATARACT SURGERY PRE-OP INSTRUCTIONS

1. ARRIVE AT THE OFFICE OF YOUNG H CHOI, M.D.

________________________ eye on ____________________ at ________________

2. YOUR SURGERY WILL BE AT ANOTHER LOCATION AFTER YOUR OFFICE EXAMINATION.

3. START EYE MEDICATIONS in the operative eye. Wait at least 5 minutes between different eye drops. Use these drops only in the eye you are having surgery on at this time.

   OFLOXACIN 1 drop 4 times a day beginning three days before surgery, and then 2 times the morning of surgery

   KETOROLAC 1 drop 4 times a day beginning three days before surgery, and then 2 times the morning of surgery

4. KEEP CONTACT LENSES OUT before examination and surgery (1 week for soft contact lenses & 3 weeks for toric or gas-perm contact lenses).

5. EAT A LIGHT BREAKFAST the morning of surgery. You may have one piece of dry toast and one cup of black coffee, tea, or 7-up. DO NOT use any dairy products, cream in coffee, or butter on toast the morning of surgery. DO NOT eat or drink anything after 6:00 A.M.

6. TAKE YOUR REGULAR MEDICATIONS with a sip of water early the morning of surgery; except, DO NOT take your insulin or diabetes pill the morning of surgery if you have diabetes. DO NOT take FLOMAX, AVODART, or other prostate medication two weeks prior to your cataract surgery. Bring all medications or a list of your medications with you to the office and surgery center.

7. PLEASE BATHE OR SHOWER the morning of surgery. DO NOT apply lotion or powder.

8. DO NOT APPLY MAKE-UP the morning of surgery.

9. LEAVE JEWELRY AND VALUABLES AT HOME

10. WEAR LOOSE, COMFORTABLE CLOTHES. A short-sleeve shirt that buttons down the front.

11. BRING ALL CURRENT INSURANCE CARDS to the office and surgery center.

12. A RESPONSIBLE ADULT MUST BE WITH YOU AT SURGERY and stay with you for 24 hours.

13. YOUR EYE DOCTOR WILL SEE YOU THE DAY AFTER SURGERY. You will receive the appointment time in the recovery room after surgery.

14. CALL OUR OFFICE if you have any questions at 205.879.2221 or 800.457.2394.

Helping you see life clearly

-YOUNG H. CHOI, M.D.
CATARACT SURGERY POST-OP INSTRUCTIONS

PATIENT _______________________

1. APPOINTMENT TOMORROW with Dr. ______________________ at _____________.

2. START MEDICATIONS TODAY in the operative eye. Continue other routine medications. Wait at least 5 minutes between different eye drops. TAKE YOUR EYE MEDICATIONS with you to post-op examinations. Your doctor may change this medication regimen at your examination.

   OFLOXACIN 1 drop 4 times a day for 1 week
   KETOROLAC 1 drop 4 times a day for 2 weeks, then 1 drop 2 times a day for 2 weeks
   PRED ACETATE 1 drop 4 times a day for 2 week, then 1 drop 2 times a day for 2 weeks
   TEARS 1 drop as needed for scratchy sensation

3. WEAR EYE SHIELD taped in place while asleep for 1 week.

4. DO NOT RUB OR BUMP YOUR EYE!

5. BLURRED VISION SHOULD BE EXPECTED immediately after surgery and usually begins to clear in a few days. New glasses can be obtained from your optometrist when the eye is stable.

6. MINOR DISCOMFORT IS NORMAL and should improve in a few days. Scratchy sensation, mild redness, and tearing may be noticed. Tylenol, Motrin, or Advil may be taken as needed for pain.

7. USE YOUR EYE. Visual tasks such as reading or watching TV will not harm the eye. You may wear either your regular glasses or your sunglasses as you desire.

8. RESUME YOUR REGULAR DIET AND ROUTINE MEDICATIONS.

9. RESUME YOUR PHYSICAL ACTIVITIES. Strenuous activities and lifting items over 20 pounds should be avoided for 1 week. Ask your doctor when you may resume driving.

10. YOU MAY BATHE AND SHAMPOO YOUR HAIR the day after surgery. DO NOT get soap or shampoo in your eye. DO NOT use eye make-up for 1 week.

11. CALL OUR OFFICE IMMEDIATELY if you have severe pain or significant loss of vision at 205.879.2221 or 800.457.2394.

   – YOUNG. H CHOI, M.D.

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