



## What to Expect at the Pre-Op Appointment

Comprehensive  
Ophthalmology

Premium Cataract  
Surgery

Laser Vision Correction

Complex Cataract  
Surgery

Corneal Transplantation

Anterior Segment  
Reconstruction

If you typically wear contacts you will need to be out of your contacts for at least 3 weeks if you wear hard lenses, at least 2 weeks if you wear astigmatism correcting lenses and at least one week for soft/spherical lenses BEFORE you come to this appointment! You can wear your contacts after the pre op appointment and up until 3 days before surgery and as long as the surgery date is within a month of the pre op appointment.

You will need to be cleared by your primary care physician or cardiologist prior to surgery. The letter to your doctor is included in your packet. This clearance expires in 30 days from the date of your doctor's signature. If you are having surgery in both eyes, it is recommended to make this appointment a week before your first eye surgery so it is still valid for the second eye. (We typically proceed with the second eye 2 weeks after the surgery date of the first eye.)

Please allow for at least an hour for the pre op appointment, in which it will include:

- Testing on multiple machines with a technician to provide data and calculations for the doctor
- Going over consents, finances and choosing a date for surgery with your surgery coordinator
- You WILL NOT see the doctor on this visit

## Medications for Cataract Surgery

Patients will be required to take medications in preparation for cataract surgery (pre-treatment) and following cataract surgery (post-operative management). The medications will be explained at your pre op appointment.

## Day Before Surgery Instructions

Your surgery is scheduled at Specialty Surgery Center located at 9001 Wilshire Blvd., Suite 100 in Beverly Hills, CA. (310) 275-2339 The surgery team will call you two days before surgery with your arrival time.

Please do not eat or drink anything 6 hours prior to surgery or 8 hours prior if you are having general anesthesia. Please arrange for another adult to drive you to and from surgery as you may not take a Taxi, Uber or Lyft home.

Wear comfortable, loose clothing. You will not be changing into a gown AND avoid wearing any jewelry, make-up or perfume. Bring all eye drop medications with you. Do NOT stop these medications until instructed.

## Post-Operative Instructions for Cataract Surgery

The first night following surgery, it is necessary to wear your eye shield while sleeping. There are no restrictions to your sleeping position and you do not need to administer drops while asleep.

You may drive the day after surgery if you feel comfortable and are confident in your driving ability.

Please administer your post-operative drops as instructed. Please bring all drops with you to every visit. You will receive updated medication instructions with every visit.

Following surgery you may experience some tearing, irritation and grittiness – Do not worry, this is normal. You may use lubrication/artificial tears as needed without restriction. Only gently blot the eye, DO NOT RUB THE EYE.

You may shower or bathe normally. For the 1<sup>st</sup> week please avoid getting shampoo, soap or water in the eye. You may resume routine activities as permitted. You may walk, bend and lift light objects. There are no restrictions to your diet. We advise against the following for at least **1 week following** surgery:

Heavy Lifting and Exercise, Gardening, Swimming, Saunas, Jacuzzi, Eye Make-Up (eyeliner, mascara) There are no restrictions to flying or climbing to high elevation.

You may take Tylenol if you have a headache. Should you experience any unusual pain, develop a fever or experience a significant decrease in vision, please call the office at **(310) 229-1220**. If calling after 5pm please tell the answering service you just had surgery; they will contact the surgeon for you.

It will take anywhere from 2-4 weeks for your vision to settle as you adjust to your new lens. It will take time for the vision to reach its potential and the vision may fluctuate, do not be alarmed. If you do notice any new flashes, floaters, sharp decrease in vision or pain, call our office to be seen, please let the staff know you are a post-surgical patient.

You will be given a new prescription for glasses 2 weeks after your last surgery. If you require a temporary prescription in-between eyes, we will work with you.