

CATARACT SURGERY *PRE-OPERATIVE* INSTRUCTIONS

To avoid coughing during the surgery please, avoid smoking for 24 hours before the surgery.

Medicated Drops: Make sure you have your medicated drops from our Office or your Pharmacy.

7- 14 DAYS PRIOR TO SURGERY:

Medications/weight loss injections that should be stopped 7-14 days prior to surgery:

- Wegovy, Ozempic, Mounjaro, Trulicity, Saxenda, Rybelsus, Semaglutidel.

THE NIGHT BEFORE THE SURGERY:

- Wash your face before you go to sleep
- Do not eat or drink anything after midnight (unless otherwise instructed)

THE MORNING OF THE SURGERY:

- Do not eat or drink anything
- Take all your other routine medications **except** Lasix or Hydrochlorothiazide, with small sips of water.
- Wash your face thoroughly before coming to the surgery center.
- Do not use makeup, scented lotion, nor perfume.
- Please dress comfortably, and wear freshly laundered clothing.

If you have any questions, please call our office at **(805) 987-5300**

CATARACT SURGERY *POST-OPERATIVE* INSTRUCTIONS

- Do not be concerned by your vision on the day of surgery – it is likely to be very blurry, distorted and you may see colors (typically red) from the microscope light.
- You may see red spots (blood spots) on the white part of the eye after surgery. These are of no concern and will gradually diminish.
- Use the eye shield at night for 5 nights to protect your eye. You may tape the shield on your face with the tape provided. No gauze need be placed under the shield.
- Do not bend past your waist and do not lift more than 20 pounds after your surgery for 5 days.
- Sunglasses are recommended for your convenience - use them if you feel light sensitive.
- You may be up and around the day of surgery. Normal activities including reading, TV, and light walking are permitted immediately.
- You may take a shower or bath starting the day after surgery. Keep your eyes closed in the shower for one week. Use a warm washcloth to wash discharge from the eyelid, as necessary. Do not put pressure on the eye, do not rub your eye.
- No sexual activity, golfing, bowling, swimming, dancing, and heavy exercise for five days after surgery unless otherwise instructed.
- Stinging, burning or a moderate amount of irritation is normal. Call your doctor if you have severe pain that does not improve with Tylenol or Advil.