
Cataract Surgery Instructions for 2nd Eye

BEFORE SURGERY

Please alert our surgery coordinator if there are any changes with your insurance coverage. Please notify the surgery center (360)456-7077 if you have had any changes with your medical health or medications since your first surgery. The Laser & Surgery Center will call prior to your surgery to review preoperative information and assign your arrival time. **If you need to speak with them directly, you may call Monday – Thursday 8am-5pm or Friday before noon, 360-456-7077.**

- Most patients do not need prescription eyedrops for cataract surgery. This is called dropleess cataract surgery”
- If you were prescribed eyedrops for surgery, begin using your drops one day before surgery. Please make arrangements for a ride home after your surgery.
- If you have any questions or need to speak with our cataract surgery counselor, call **360-292-7053**.

DAY OF SURGERY

You will spend approximately 2 hours at the surgery center. We have a private waiting area for a friend or family member who wishes to watch as your surgery is being performed. Please let the receptionist know in advance if you have someone interested in watching.

- You must have a responsible adult present to provide transportation following your surgery.
- Please do not eat or drink anything for 2 hours before your arrival time.
- Take your normal daily medications, including insulin, aspirin, and coumadin.
- Please wear warm, comfortable clothing to the surgery center.
- Do not wear any facial makeup, perfume, cologne or aftershave lotion.
- Do not wear contact lenses on the day of surgery.

If they were prescribed, use your preoperative drops on the day of surgery prior to your arrival.

When patients have surgery on their second eye, they often have different symptoms during and after surgery than they did on their first eye. It is normal to have different symptoms during each eye surgery.

If you take drops for **GLAUCOMA**, please do not stop using or alter your glaucoma drops, unless instructed otherwise by your doctor.

AFTER SURGERY

You will be provided with an eye shield to wear while sleeping for the first 24 hours after surgery. Your vision may be blurry for the first few days but should gradually improve as your eye heals.

- Wear your eye shield while resting or sleeping during the day and first night after your surgery.
- During the day you may wear your glasses or sunglasses. You may want the lens removed from your glasses on the side that had surgery until a new lens is prescribed 2-4 weeks after surgery. Or you may prefer to go without glasses and only use reading glasses. Please do whichever is most comfortable for you, as neither option will harm your eye.
- Normal activities may be resumed the day after surgery.
- You may bathe or shower as usual, try to keep water and soap out of the eye as much as possible.
- Avoid swimming or hot tubs for one week after surgery.
- Please do not use mascara or eye makeup for the first few days after surgery.
- If they were prescribed, use your prescription drops as instructed and taper them as indicated by your drop schedule. Your drops may leave a white residue in the corner of your eye. You may clean it with a clean cloth.
- Please reference THE COMMON SYMPTOMS (B-3) for more details.
- **YOU WILL BE REQUIRED TO COME IN TO THE CLINIC THE DAY AFTER YOUR SURGERY.**

Notify us immediately if your vision gets abruptly worse, there is a severe ache and the eye is more red, as these may be signs of infection.

POST-OPERATIVE APPOINTMENTS

You are required to come into the clinic the day after your surgery. It is important for your surgeon to examine your eye to ensure that it is healing well. You will also be scheduled for an appointment approximately one week and one month after surgery. At the one-week visit, the doctor will dilate your pupil.

INSURANCE / BILLING

Your insurance plan dictates your financial obligation. They pay according to your individual plan, applying the appropriate out-patient co-payments, and/or annual deductibles. Our surgery counselor will obtain prior authorization when needed. After your surgery, we will bill your insurance company for you. There will be three separate claims.

- The Laser & Surgery Center for the facility fee
- Clarus Eye Centre for your physician's services
- Rigelman Anesthesia or Pacific Anesthesia for their services

COMMON SYMPTOMS YOU MAY NOTICE AFTER SURGERY

We hope that your surgery is a positive experience. Although we cannot know how each individual will respond and heal following eye surgery, we have listed some common symptoms that you may experience:

For the first few days after surgery:

- Your vision will be blurry. Your vision may fluctuate.
- It is normal for the white part of the eye to appear red or bloodshot.
- Your eyedrops may sting.
- You may see a swollen, white or red patch on the white of the eye, which may take a few weeks to resolve. Your pupil may remain dilated for a few days.
- You may have some irritation, like an eyelash in the eye.
- Light sensitivity, which may last for a few weeks – you may be more comfortable wearing sunglasses.
- It is common for the eye to be more uncomfortable and the vision to be more blurry after surgery on the second eye than it was for the first eye.

You may see:

- After-images or colors in your vision (blue or pink hue), which may last for a few days after surgery.
- Crescent shaped images (half circle) – this should improve as your eye adjusts after surgery.
- Glare from lights or halos around lights – this should improve with time.
- An increase in floaters (specks or spots in your vision) for a few months – if you have any dramatic change or a curtain that remains in your vision, you should notify your doctor.
- A change in colors – usually brighter and less yellow.
- Mild flashing of light or sparkles in your vision.
- Double vision – usually clears after the first day.

There may be an adjustment period while your eyes adapt to each other – this can take a few weeks.

It usually takes 2-4 weeks for the eye to fully heal from surgery. **Most people need a change in their eyeglass prescription following cataract surgery.** It may take longer for your vision to stabilize if you have diabetes, macular degeneration, advanced glaucoma or other eye diseases.

Most patients receive injections of antibiotic and anti-inflammatory medications at the end of surgery and, therefore, do not need to use eyedrops for their surgery. This is commonly called dropless cataract surgery. Patients who have dropless cataract surgery may use artificial teardrops if the eye feels irritated. Some patients are not candidates for dropless cataract surgery and will use an antibiotic drop to reduce the risk of infection and anti-inflammatory drops to reduce pain and swelling. If you need to use surgery drops, detailed instructions are included in this folder.

Problems after surgery are rare, but they can occur. These can include infection, bleeding, inflammation (pain, redness, or swelling), loss of vision, or light flashes. With prompt medical attention, these problems can usually be treated successfully.

If you have questions or concerns after surgery, please call our main office at **360-456-3200**. If calling after hours, you will be instructed on how to reach our answering service.

MEDICATION ALERT!

The following medications can be prescribed for hypertension, bladder/kidney or prostate problems. If you have ever taken or are currently taking any of the medications listed below, please notify us immediately. These medications can make it more difficult for your pupil to dilate at the time of your surgery. We will need to use additional medication to help alleviate potential problems that may occur.

FLOMAX (Tamsulosin)

CARDURA (Doxazosin)

HYTRIN (Terazosin)

UROXATRAL (Alfuzosin)

MINIPRESS or VASOFLEX (Prazosin)

RAPAFLO (Silodosin)

Please call our surgery coordinator at
360-292-7053 if you have any questions.

Clarus Cataract Team