

SURGICAL DAY CARE UNIT

Here, a nurse will complete your admission process and prepare you for surgery. About one hour before your surgery, multiple eye drops will be administered to dilate your eye.

FREEZING PROCEDURE

During this preparation an intravenous may be started and your heart and blood pressure may be monitored. If needed, we will sedate you prior to the freezing. Initially, the freezing may be a bit uncomfortable, but this will soon pass. During surgery, you may feel the surgeon touching your face, but you shouldn't feel uncomfortable. If you experience discomfort, inform your surgeon or the anaesthetist. Further medication can be given to relieve your discomfort. It is important to remain still and to warn the surgeon if you need to cough. At the end of your operation you may feel a momentary stinging sensation when an antibiotic is given into your eye. Your eye will then be patched and a plastic shield taped over it.

AFTER SURGERY

After surgery you will return to the Surgical Day Care Unit where you will be given something to eat and drink. After a short rest of about 30 minutes you will be ready to go home. Please arrange for a responsible adult to drive you home and stay with you overnight. Before discharge the nurse will go over the written instruction pamphlet. This is to ensure you understand the information which will assist you in a speedy recovery. Usually you will be required to visit your eye doctor on the following day for him/her to check your eye.

ADDITIONAL INFORMATION

As with any operation, cataract surgery has some risks. An injury to the eye rarely occurs during the freezing procedure. If you have concerns, speak to your surgeon. However, risks will be minimized if you follow the directions in this pamphlet.



fraserhealth Burnaby Hospital

Pre-operative Instructions For Cataract Surgery

The date and time of your surgery is:
_____ at _____ hrs

CATARACT SURGERY

Cataract surgery is one of the most commonly performed eye surgeries. Most procedures are performed under local anesthetic. While this has become a very safe procedure, it is important to follow some basic requests to keep the risks to a minimum.

THE DAY OF SURGERY

You are asked to come in early to allow time for the admission process to be completed on schedule and in case the time for your surgery is moved to an earlier time due to unexpected events.

You must have your transportation home organized.

You can expect to be at the Hospital for 3-4 hours. Please wear a freshly laundered, loose-fitting, short-sleeved shirt/blouse opening at the front. Please remove any makeup or nail polish. Leave all jewelry, money, and valuables at home. Please remember to bring your CARECARD.

EATING

You should not have anything to eat (including gum and candy) or drink after midnight the night before surgery.

If you are diabetic or your surgery is in the afternoon, your surgeon will give you directions about what time to stop eating and drinking.

MEDICATIONS

Please bring your medications in their original containers with you. You can take all of your usual medications that you normally would in the morning; this is especially important if you are on heart, blood pressure, or breathing medications. You may swallow your pills with some sips of water – about four tablespoons full or 60 mls. **The exceptions to this are:**

- **Diabetics**

Do not take your insulin or diabetic pills the morning of surgery, but bring them to the hospital. Your blood sugar will be checked when you arrive and you will be treated accordingly.

Blood Thinners, ASA and Anti-inflammatory medications

If you are on any of these be sure to tell your surgeon at least one week ahead of surgery and follow his or her instructions.

COMING TO THE HOSPITAL

For the admitting process report to the Admitting Department on the third floor, which is near Emergency. You should arrive 2 hours before your surgery time.

Your eye doctor's office will give you the time of your surgery.

Call the eye doctor's office to confirm the time if needed.