

Cataract & Lens Surgery Pre-Operative Instructions

Operation Preparation

Ensure you have read and understand the contents of this Surgery Handout, specific to your scheduled operation, containing the below advice:

- Page 1 - Pre-Operative Instructions
- Page 2 - Post-Operative Instructions
- Page 3 - Eye Drop Instructions
 - Please fill the prescriptions that have been provided to you in sufficient time prior to your scheduled operation as Cataract & Lens surgeries are to begin instillation of eye drops **2 days before your surgery date**
- Page 4 & 5 - Eye Drop Dosing Schedule
- If you have not done so already, please return the required surgery paperwork to Terrace Eye Centre at least 1 week prior to your scheduled operation

Anticoagulants

- Always check with your GP or cardiologist before stopping blood thinners
- **If you are advised to stay on them please do so**
 - Your operation can still proceed
- If you are advised it is safe to stop temporarily then follow the guidelines below:

Cartia (Aspirin)	No need to stop
Coumadin, Marevan, Warfarin	Stop 3 days before surgery
Clexane, Fragmin (Heparin)	Stop on day of surgery
Xarelto (Rivaroxaban)	Stop 24 hours before surgery
Eliquis (Apixaban)	Stop 48 hours before surgery
Pradaxa (Dabigatran)	Stop 48 hours before surgery
Brillinta (Ticagrelor)	Stop 5 days before surgery
Plavix, Iscover (Clopidogrel)	Stop 7 days before surgery
Asasantin (Dipyridamole & Aspirin)	Stop 7 days before surgery
Persantin (Dipyridamole)	Stop 7 days before surgery

Operation Day

- Please do not apply any makeup
- It is better to wear glasses to the hospital rather than contact lenses
- Take all your regular medications as normal
 - Blood thinners/anticoagulants see above
- No **food for 6 hours** before your operation
- Keep drinking **water** until **2 hours** before your operation
- If you are diabetic you will receive instructions from the hospital
- Please bring your eye drops with you to the hospital
- Ensure you have arranged for a carer to sign you out and take you home from surgery

Cataract & Lens Surgery Post-Operative Instructions

Discomfort:

- You should not experience pain beyond mild irritation or discomfort
- If you **feel significant pain, contact Dr Beckingsale**
- Panadol, Panamax or Neurofen should be all that is necessary to ease your discomfort

Other Symptoms:

- It is normal to experience double vision for the first evening after surgery
- Flickers, shimmering & flashing lights are also common and nothing to be concerned about

Eye Drops:

- You have three bottles of eye drops to use: **Acular, Ocuflax and Maxidex**
- These are to be used as instructed on the Eye Drop Instruction Sheet (page 3)
- Please note that **Acular** begins 2 days before surgery and **Ocuflax** begins 1 day before surgery
- Preservative free artificial tear drops (lubricating eye drop, e.g. hylo-forte) may also be used for dry eye symptoms as needed

Hygiene:

- Always wash and dry your hands prior to instilling your eye drops
- Discharge around your eye may be wiped gently with a clean gauze square or cotton ball moistened with cooled boiled water but do not put pressure on your eye ball
- Avoid soap or shampoo in your eye
- No eye make up for 1 week

Glasses / Shields:

- If you normally wear dark glasses, continue to do so if you wish
- You should wear an eye shield at night-time for a minimum of 3 nights (you will go home with this on after your surgery)

Activities:

- **Do not drive** until instructed by Dr Beckingsale, ask when your first post-op appointment
- No swimming for 2 weeks
- Avoid rubbing or bumping your eye
- Other activities may be resumed as soon as you feel able, but try and avoid excessively dusty, dirty or dry conditions for the first 2 weeks
- Heavy lifting should be avoided for the first week after surgery

Post-Operative Care:

- It is imperative you attend your post-operative appointment's with Dr Beckingsale following your operation, all of the below checks will be back at Terrace Eye Centre
- Your first post-operative appointment will be the next day after your operation
- Your final post-operative appointment will then be 4-6 weeks following surgery
- After the above timeframe, you are out of your post-operative aftercare period
- The exact date & time for your post-operative appointments will be allocated by Dr Beckingsale's secretary, details are provided in your surgery confirmation

Cataract & Lens Surgery Eye Drop Instructions

You have been provided with prescriptions for **THREE** different eye drops to use:

ACULAR (Anti-Inflammatory)

OCUFLOX (Antibiotic)

MAXIDEX (Anti-Inflammatory)

Please bring your eye drops to your operation and post-operative visits

- After 6 weeks you do not need to use any more drops
- When instilling the eye drops allow at least 5 minutes between each drop
- You may use an artificial tear drop at any time if your eye is irritated, blurry or dry
- Tick and flick chart for both before and 6 weeks after surgery can be found on page 4 & 5, you may use this to easily track your eye drop schedule

Acular Eye Drops

- Instill 1 drop into the eye which is to have surgery 4 times per day starting 2 days **before** surgery
- Continue the Acular drops 4 times per day for 2 weeks following surgery or until the bottle runs out
- If the Acular causes severe irritation or pain you may stop it early

Ocuflox Eye Drops

- Instill 1 drop into the eye which is to have surgery 4 times per day starting the day before surgery
- Continue the Ocuflox drops 4 times per day for 3 days after surgery then stop

Maxidex Eye Drops

- Instil 1 drop into the operated eye 4 times a day starting immediately after surgery and then for the first 2 weeks
- The Maxidex bottle should be shaken before putting a drop in your eye
- After 2 weeks reduce down to 1 drop 2 times per day for 4 more weeks or until the bottle has run out
- The prescription required should have adequate repeats to suffice the required usage timeframe

Cataract & Lens Surgery Eye Drop Dosing Schedule – First Eye Operation

A = ACULAR
O = OCUFLOX
M = MAXIDEX

BLACK BOX = DO NOT USE

Before Surgery	2 Days Prior			1 Day Prior			Day of Surgery		
	A	O	M	A	O	M	A	O	M
Morning									
Lunch									
Evening									
Bedtime									

Week 1	Day 1			Day 2			Day 3			Day 4			Day 5			Day 6			Day 7		
	A	O	M	A	O	M	A	O	M	A	O	M	A	O	M	A	O	M	A	O	M
Breakfast																					
Lunch																					
Evening																					
Bedtime																					

Week 2	Day 1		Day 2		Day 3		Day 4		Day 5		Day 7		Day 7	
	A	M	A	M	A	M	A	M	A	M	A	M	A	M
Breakfast														
Lunch														
Evening														
Bedtime														

Week 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	M	M	M	M	M	M	M
Breakfast							
Evening							

Week 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	M	M	M	M	M	M	M
Breakfast							
Evening							

Week 5	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	M	M	M	M	M	M	M
Breakfast							
Evening							

Week 6	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	M	M	M	M	M	M	M
Breakfast							
Evening							

Cataract & Lens Surgery Eye Drop Dosing Schedule – Second Eye Operation

A = ACULAR
O = OCUFLOX
M = MAXIDEX

BLACK BOX = DO NOT USE

Before Surgery	2 Days Prior			1 Day Prior			Day of Surgery		
	A	O	M	A	O	M	A	O	M
Morning		■	■			■			■
Lunch									
Evening									
Bedtime									

Week 1	Day 1			Day 2			Day 3			Day 4			Day 5			Day 6			Day 7		
	A	O	M	A	O	M	A	O	M	A	O	M	A	O	M	A	O	M	A	O	M
Breakfast										■			■			■			■		
Lunch																					
Evening																					
Bedtime																					

Week 2	Day 1		Day 2		Day 3		Day 4		Day 5		Day 7		Day 7	
	A	M	A	M	A	M	A	M	A	M	A	M	A	M
Breakfast														
Lunch														
Evening														
Bedtime														

Week 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	M	M	M	M	M	M	M
Breakfast							
Evening							

Week 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	M	M	M	M	M	M	M
Breakfast							
Evening							

Week 5	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	M	M	M	M	M	M	M
Breakfast							
Evening							

Week 6	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	M	M	M	M	M	M	M
Breakfast							
Evening							