

## 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 - 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:

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

**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							