



PREOP INSTRUCTIONS FOR CATARCT SURGERY

1. Plan to spend about 3 hours at the surgery center on the day of the procedure.
2. You must have a friend or relative drive you to and from the surgery center. We require your driver to stay at the surgery center throughout the duration of the procedure. Ubers and taxi services are not permitted.
3. The surgery center will contact you 1 or 2 days before surgery to inform you of the arrival time for the procedure.
4. The surgery center will review all medications with you. Some of your regular medications (such as blood pressure medications) will need to be taken before surgery, and some will be held until after the procedure. A nurse from the surgery center will guide you in this process.
5. No eating or drinking on the morning of your surgery. You may take any required oral medications with a small sip of water.
6. Do not wear any makeup, false lashes, jewelry, face creams, or contact lenses on the day of the procedure.
7. You may wear your hearing aids and dentures on the morning of surgery.
8. Please bathe as you normally would on the morning of surgery. Take extra time to wash the eyelids and lashes with antibacterial soap.
9. Dress comfortably on the day of surgery. A comfortable button-up shirt and long pants are preferred.

Questions? Please use our patient portal and secure texting options. Alternately, call us at (346) 818-6780



POSTOP INSTRUCTIONS FOR CATARCT SURGERY

Restrictions following Surgery:

- No Eye Rubbing for 2 weeks
- No Eye Makeup for 2 weeks
- No bath water in the eye for 1 week after surgery. You may shower and bathe but protect the eye from getting wet.
- Wear your protective eye shield while sleeping for 1 week.
- Do not lift anything heavier than 10 pounds for 1 week.
- Do not bend below the waist for 1 week. Bend at the knees to lower your body. Try to keep your head above the level of your heart.
- No exercise for 1 week after surgery.
- No yard work or swimming for 2 weeks following surgery.
- No artificial tears or Restasis eye drops following surgery for 1 week. You may use your typical glaucoma medications following surgery.

Please DO the following after the procedure:

- Use your dosing calendar to keep track of your postoperative drops.
- Use your regular glaucoma medications.
- Use your eye shield prior to sleeping for 1 week.

**If you have any problems after hours,
Call (346) 818-6780 and leave a message for
the doctor on call**



CATARACT GUIDE:

Soni Vision Institute strives for excellence in patient care. We know cataract surgery can be stressful, so we simplified the process to keep you and your caregivers at ease.

Please follow this instruction manual. It's written in chronological order -- to help you keep track of all the necessary items as they arise.

Questions? Use our patient portal and secure texting platform. After hours, call (346) 818-6780 to leave a message for the doctor on call.

ONE MONTH BEFORE SURGERY

- Please verify we receive any clearances required for surgery. Some patients may require primary care, cardiac, neurology, or pulmonary clearance.

ONE WEEK BEFORE SURGERY

- Stop blood thinners if suggested by Dr. Soni and her team.
- Verify insurance authorization is secured.
- Secure a ride with a friend or family member. Remember, taxis and ride sharing services (Uber) are not permitted.
- Familiarize yourself with the surgery center location.
- Complete payment of cataract surgery balances using our secure, online portal.
- Make sure you have all 3 eyedrops ready for the procedure, and familiarize yourself with the dosing calendar.

TWO DAYS BEFORE SURGERY

- Start the surgery drops (antibiotic #1 and anti-inflammatory #2) in the operative eye only. Mark the dosing calendar as you go!
- Verify your arrival time for surgery. The surgery center will typically call 1 to 2 days before the procedure with your arrival time.

MORNING OF SURGERY

- Use antibacterial soap to cleanse your face and the skin around your eyes. Pay special attention to cleaning the eyelashes gently with an antibacterial cleanser. You must remove all makeup and false lashes before your arrival for surgery.
- Do not eat or drink prior to surgery. All necessary medications should be taken with a small sip of water.

FIRST 24 HOURS POST-SURGERY

Do not drive

Do not stay home alone

Do not operate machinery or perform heavy lifting

Do not drink alcoholic beverages

Do not sign legal documents

- Keep your eye shield in place on the day of surgery and first night after surgery. **NO eye drops are required.**
- **Limit your activity.** No bending below the waist, lifting (objects heavier than 10 pounds), or straining (that means exercise) for about 1 week. It's time to relax.
- Ocular irritation and discomfort: It's normal to feel irritation, like an eyelash rubbing, after surgery. Sleep and closing the

eyes will minimize the irritation and discomfort. **DO NOT RUB THE EYE.**

- If you feel pain, it should be relieved with an over-the-counter medication such as Tylenol or Advil. If your pain does not resolve, call the office to speak with the doctor.
- You can eat and drink normally. Your first meal after surgery should be light and not too spicy. You may feel a little nauseous after surgery. This is related to anesthesia. Most patients say the nausea passes quickly after the first meal.
- You may bathe or shower after surgery, but **DO NOT put any water in your operative eye for one week** after the procedure. That means no bath water should enter your operative eye for a full week after the procedure.
- Resume your typical medications and blood thinners
- IV Care: Occasionally there is some discomfort at the IV site. You can clean the site with soap and warm running water. Do not use powder or lotion until the area is healed. If you experience redness, swelling, warmth, hardening, or discomfort not relieved by the application of warm towels 3 – 4 times a day, please notify your physician.
- If you experience pain, nausea, vomiting, fever over 101F, difficulty urinating or difficulty swallowing contact your physician and go to the nearest emergency room. If you experience chest pain or difficulty breathing call 911.

DAY 1 FOLLOWING SURGERY

- Wake up in the morning, and remove your patch. Start your 3 eyedrops according to the calendar. **It's very important to use your dosing calendar and mark it as you go along!** Your vision is likely to be blurry. You need time to heal.
- See your doctor for the first postoperative appointment.
- Maintain activity precautions (no bending, lifting, or straining) for one week

- Do not allow bath water to enter your operative eye for one week.
- No eye makeup or swimming for the first two weeks after surgery.
- Remember to wear your shield prior to sleeping for a full seven days. It's OK to leave the eye uncovered throughout the day as long as you do not rub the eye. If the patient is unable to restrain him/herself from touching the eye, then please wear the shield or protective glasses throughout the daytime as well.

FIRST WEEK AFTER SURGERY:

- Keep up the drops and mark the calendar!
- Irritation and discomfort should slowly resolve. Vision will gradually improve.
- At bedtime, maintain the shield for 1 week after surgery.
- Maintain activity precautions as discussed above.
- No water in the operative eye for a full 7 days after surgery.
- Call your doctor and schedule a follow-up appointment if you have pain, vision loss, redness, flashes and/or floaters, or any other concerns.

WEEK 2-4 FOLLOWING SURGERY:

- Gradually return to normal activity levels.
- Follow the gradual taper of the drops. At day 28 after surgery, you will complete the drops.
- Call your doctor and schedule a follow-up appointment if you have pain, vision loss, redness, flashes and/or floaters, or any other concerns.

**If you have any problems after hours,
Call (346) 818-6780 and leave a message for
the doctor on call**

WAIT 5 MINUTE BETWEEN ALL DROPS
SHAKE ALL DROPS VERY WELL PRIOR TO USE



Moxifloxacin

Antibiotic - Drop #1



**Ketorolac
Or Prolensa**

Anti-Inflammatory - Drop #2



Prednisolone

Steroid - Drop #3

Two Days Before Surgery:

1. Start Antibiotic #1 (Moxifloxacin) 4 times per day in operative eye.
2. Start Anti-Inflammatory #2 (Ketorolac or Prolensa) 1 time per day in operative eye.

Day of Surgery:

1. No drops. Keep shield in place.

Week 1:

1. Restart Antibiotic #1 (Moxifloxacin) and start Steroid #3 (Prednisolone) 4 times per day.
2. Restart Anti-Inflammatory #2 (Ketorolac or Prolensa) 1 time per day.

Week 2:

1. Stop Antibiotic #1 (Moxifloxacin)
2. Continue Anti-Inflammatory #2 (Ketorolac or Prolensa) 1 time per day.
3. Taper Steroid #3 (Prednisolone) to 3 times per day.



Week 3:

1. Stop Anti-Inflammatory #2 (Ketorolac or Prolensa).
2. Taper Steroid #3 (Prednisolone) to 2 times per day.








Week 4:

1. Taper Steroid #3 (Prednisolone) to 1 time per day to complete week 4 of calendar. Then stop the drops!

PRIOR TO SURGERY:

		2 Days Prior	1 Day Prior
	Moxifloxacin (#1)	① ② ③ ④	① ② ③ ④
	Ketorolac or Prolensa (#2)	①	①

POST SURGERY: START DROPS AFTER PATCH REMOVED ON POSTOPERATIVE DAY 1:

WEEK 1 AFTER SURGERY:		Day1	Day2	Day3	Day4	Day5	Day6	Day7
	Moxifloxacin (#1)	① ② ③ ④	① ② ③ ④	① ② ③ ④	① ② ③ ④	① ② ③ ④	① ② ③ ④	① ② ③ ④
	Ketorolac or Prolensa (#2)	①	①	①	①	①	①	①
	Prednisolone (#3)	① ② ③ ④	① ② ③ ④	① ② ③ ④	① ② ③ ④	① ② ③ ④	① ② ③ ④	① ② ③ ④
WEEK 2 AFTER SURGERY:		Day8	Day9	Day10	Day11	Day12	Day13	Day14
	Ketorolac or Prolensa #2	①	①	①	①	①	①	①
	Prednisolone #3	① ② ③	① ② ③	① ② ③	① ② ③	① ② ③	① ② ③	① ② ③
WEEK 3 AFTER SURGERY:		Day15	Day16	Day17	Day18	Day19	Day20	Day21
	Prednisolone #3	① ②	① ②	① ②	① ②	① ②	① ②	① ②
WEEK 4 AFTER SURGERY:		Day22	Day23	Day24	Day25	Day26	Day27	Day28
	Prednisolone #3	①	①	①	①	①	①	①

