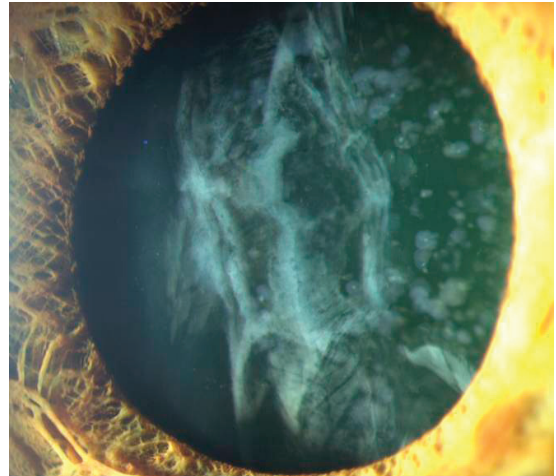




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Instructions before Cataract Surgery

Please skip breakfast on the day of surgery. You may eat after surgery, but don't take medicines, coffee, juice or vitamins the morning of surgery. If you have diabetes, it's best to skip morning doses of pills and insulin (since you can't eat anything) until after surgery, when you are able to eat and drink. The only exceptions are for high blood pressure medicines and asthma inhalers. If you normally take these medicines in the morning, please take them at your usual time, with a sip of water if needed. It is important that your blood pressure be well-controlled during surgery and that you do not cough.

Wear a shirt with short sleeves that opens in the front. The anesthesiologist will be placing a blood pressure cuff on your arm and some heart monitor pads on your chest and shoulder, and this kind of clothing makes it simpler to place the safety monitoring devices. You'll be warm enough under comfortable blankets during the surgery. You need not worry about being cold in a short-sleeved shirt.

Please plan to be dropped off at our surgery center. Usually it isn't safe to drive yourself home after surgery because one eye may be patched and the use of sedation during anesthesia, which can make you sleepy or impair your judgment. There is a comfortable waiting area for the person who accompanies you. Usually, the surgery process (from check in and registration until after surgery, when you are assisted to your car) takes about 90 minutes.

How we care for you

- Don't eat or drink after midnight.
- Don't take your daily medicines until after the surgery is finished (except for high blood pressure pills and asthma medicines, which should be taken as usual).
- Wear a short-sleeve shirt that opens in the front.
- Arrange a ride to drive you home; it isn't safe to drive yourself home after surgery.
- Your ride may wait for you at the surgery center. If it's more convenient, the surgery nurse will call them when you are ready to be picked up. Usually, you can expect to be finished about 90 minutes after you arrive for eye surgery.
- If you have any questions, please call us at our office. If you need to speak with us on the day of surgery, we can be reached at the Eye MD Laser and Surgery Center at (510) 835-4521.