

**Floral Park Ophthalmology
Cataract Surgery
Pre-Operative & Post-Operative Instructions**

Day-Op Ambulatory Surgery Center of Long Island, 110 Willis Avenue, Mineola, NY 11501

1. The day before surgery (Tuesday), please call the **Day-Op Ambulatory Surgery Center of Long Island at 516-294-0030 between 1-3 pm to get the time of your surgery.**
2. The day of surgery bring all four eye medications to the surgery center.
3. Do not wear makeup the day of your surgery! Leave valuables at home.
4. If you take any glaucoma eye drops, take them as usual; any **vital** oral medications, take as normal with a **very small sip of water.**
5. Do NOT eat or drink after midnight the day before surgery.
6. You **MUST** have a driver to take you home from surgery.

PRE-OPERATIVE INSTRUCTIONS

Pre-surgical Testing:

1. Pre-surgical tests (blood, EKG) are done at the Day-Op Ambulatory Surgery Center of Long Island in Mineola about one week prior to surgery.
2. **After** pre-surgical tests have been done, you **MAY BE ASKED** go to your Primary Care Physician for medical clearance depending on your medical history. If clearance is not obtained when needed, surgery will be cancelled.

Medication:

1. **If you are on a daily aspirin regimen or take any blood thinners, i.e Plavix, Coumadin, you MUST STOP before surgery. Ask your doctor how long you can discontinue them. 2 weeks pre-op is preferred. TAKE ONLY TYLENOL FOR PAIN.**
2. **Do not take multi-vitamins 2 weeks pre-op.**
3. **THREE DAYS PRIOR TO SURGERY on Sunday, Monday & Tuesday**, take Prolensa & Besivance 1 drop once a day 5 minutes apart **in the surgery eye only**. Please reference the simple Medication Chart below.
4. **Before leaving your home for Day-Op on Wednesday, the day of surgery**, take 1 drop each of dilating drops, Tropicamide & Phenylephrine 5 minutes apart (they have **RED caps** & blur your vision). Wait 15 minutes and then take one more drop each of Tropicamide & Phenylephrine 5 minutes apart. Please reference the simple Medication Chart below.
5. Bring all four eye medications to the surgery center.
6. If you take any glaucoma eyedrops, take them as usual; any **vital** oral medications, take as normal with a **very small sip of water.**
7. Do NOT eat or drink after midnight the day before surgery.

Medication Chart



	Prolensa	Besivance	Tropicamide (dilating drop)	Phenylephrine (dilating drop)
3 days prior to surgery	1X a day	1X a day	None	None
Day of surgery	1X at home after surgery	2X at home after surgery	2X at home before surgery	2X at home before surgery
After surgery	1X a day till doctor discontinues	2X day till doctor discontinues	None	None

POST-OPERATIVE INSTRUCTIONS

1. Wear eye shield the first week to bed at night to protect the eye.
2. Take eye drops Prolensa 1X/day & Besivance 2X/day following surgery beginning when you get home from surgery. **Do not stop taking them until your next follow-up and new instructions are given by the doctor.**
3. Wear your own eyeglasses inside and the dark wraparound cataract sunglasses outside for one week to protect the eye from dust and dirt.

RESTRICTIONS

1. Do not get the eye wet, touch, press nor rub the eye.
2. No deep bending below the waist. Kneel to pick up light objects.
3. No driving for one week or until you get clearance from Dr. Jindra and /or Dr.Luck
4. No heavy lifting for one week.
5. Do not get soap or water in surgery eye when showering as you are likely to rub it. Wear cataract glasses in shower to protect the eye from water.
6. If there is pain, a decrease in vision, an increase in mucus, bleeding or discharge from the eye, call the office immediately 516-616-1710. This may be the early signs of an infection which should be treated right away.
7. It is not unusual to have blurry vision post-op and some patients will need to wait at least one month to change their current glasses.
8. Some patients will notice spots (floaters), this is not unusual. If you notice white lights (flashes), call the office.