

## Cataract Operation - Pre-Operative Instructions

### Instructions before Surgery:

You must undergo some blood test as well as complete physical examination before surgery. Besides the testing for HIV 1 and 2 and Hepatitis B and C, you also need to get your blood sugar tested. This should not be more than 5 days old in case of non-diabetic patients. Diabetic patients will need to get fasting as well postprandial (after 2 hours of food intake) blood sugar of a day before. In addition to complete physical check-up, the blood pressure should be well controlled for a patient to be fit for surgery. All these tests can be done at our hospital or you can get them done from a reputed lab anywhere.

All the patients who are known heart patients/diabetics/high blood pressure patients/suffering from chronic cough/shortness of breath/known asthmatics, please get a medical fitness certificate to undergo surgery from your treating physician or you may consult our in-house physician for the same. You must inform the Ophthalmology team about your past and current illnesses and all medication you are taking. Do bring all your medical records on the day of surgery.

Start the eye drops and any other medication prescribed by your doctor strictly as advised. The eye drops are instilled four times a day in the eye to be operated starting usually 2 to 3 days before surgery.

Please take care that the eye to be operated should not be red, itchy or having discharge of any kind. Apart from Cataract, the eye should be clean and healthy

**Please do inform us about any and all medications you are taking. We will let you know which medicine may be continued and which one needs to be stopped and for how long. All blood thinning medicines like Aspirin, Disprin, Acitrom etc should be discontinued 5 days prior and up to 5 days after the surgery. Known diabetics, hypertensives, thyroid and heart patients, please continue your medications as advised by the physician.**

Please discuss your intra-ocular lens (IOL) implant options with the counsellor and with the surgeon. Though most of the IOL are available in our stock but sometimes arranging a specific IOL may require a day or two.

Please enrol your full name and provide at least 2 contact numbers to be added to the surgical list for whatever day you have decided to get operated on. Do discuss with the surgery co-ordinator about your preference for time and day of surgery. You will be informed a day prior about your exact time of arrival at the hospital for the surgery. You should receive a call latest by 6:00 pm. If you are not contacted till this time, then please call us on 9918516969, 9839067675 to confirm your time of surgery.

In case you are not able to keep your surgery appointment, then do inform the surgery co-ordinator or the counsellor about it. They will help you reschedule the surgery.



## Instructions for the day of surgery

(.....)

### Before arriving at the hospital:

- Please take a light meal before reaching the hospital on the day of surgery unless advised otherwise.
- Do bring along the eye drops you were prescribed before the surgery as well as the surgeon’s prescription.
- Bring all the reports of the investigations done before surgery. Also, bring all the other medical records too.
- If you are having cough, shortness of breath, constipation or any other medical problem on the day of surgery, please inform the surgical staff immediately.
- Female patients should not use any eye makeup or any other makeup near the eyes. They should refrain from using sindoor on the forehead if possible.
- Male patients too should refrain from putting any tilak or tika on the forehead.
- After reaching the hospital, the expected time of stay till discharge will be around 4 to 5 hours.

### After arriving at the hospital:

As instructed before, reach the hospital at the scheduled time for the surgery. Contact the reception staff upon arrival who will guide you regarding the admission process. The admission staff will help you to fill out the required consent form and fulfill the other formalities. You will be required to make your payments at admission desk. Kindly do not hand over the money to any unauthorised person.

Next you will be directed towards the nursing staff who will once again check your vitals specially your blood pressure and will also check your blood for sugar levels. Next, your eye which is to be operated upon will be prepped and made ready for surgery. Some oral medications will be given to help you relax before the surgery. In case of any discomfort, do let us know.

If at any time you want to know anything more about your cataract surgery or IOL , you may contact us on the following numbers: 9335743880, 9235911111, 0512-2219557, 9918516969

Patient’s name.....

Surgery.....

Date of Surgery.....

Scheduled time to reach hospital.....

Name of the booking staff.....

Date.....

Receptionist.....