

Lake of the Woods District Hospital

A Guide to Your Hospital Stay When Having Cataract Surgery

For all your visits and on the day of your surgery, please bring with you:

- Ontario Health Registration Card
- Any other health coverage cards such as provincial, medical or hospital plans. This would include Blue Cross or other private insurance

IMPORTANT INFORMATION TO REMEMBER

When your surgeons office phones, you should write down:

Name of your doctor: _____

Type of surgery: _____

Surgery Date: _____

Arrival Time to Hospital: _____



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1. WELCOME

You are going to have surgery. This booklet will outline what you need to know to help you get ready for your surgery and discharge.

*****These instructions are new and may be different than what you were asked to do if you had surgery before.*****

This booklet provides general information about having cataract surgery. Your care team may include surgeons, anesthesiologists, nurses, and other health care workers who will help to provide you with the best care.

The information in this booklet is for educational purposes. It is not intended to replace the advice or instruction of your healthcare provider.

Contact your surgeon if you have any questions about your care.

2. GETTING READY FOR YOUR SURGERY

Surgery Date and Time

The preoperative (pre-op) clinic will phone you with the date and time of your surgery.

If there are any changes, the pre-operative office will call you to let you know.

They will give you an **arrival time**. (Note that this is not your actual surgery time).

Please ensure your contact numbers are kept up to date with the office.

Call the pre-op clinic if:

- You need to change your surgery date
- You get a cold, illness or a fever within two days of your planned surgery. Your surgery may need to be changed until you are feeling better.

Your Personal Information

You have been given a Lake of the Woods District Hospital (LWDH) "Surgical Services Patient Assessment and Questionnaire" to fill out. This form helps us to know more about your medical history.

Please fill it out and return it to the pre-op clinic within 3-5 days.

Your Medications

We need to know all medications that you are taking. We also need to know if you take any over the counter medicines including herbal or vitamin pills. There is a chance for a reaction between these and the medicines that may be used while you are in the hospital.

Stop taking herbal and vitamin pills at least 7 days before your surgery unless your surgeon tells you to continue taking them.

Alcohol and Tobacco

It is recommended that you stop drinking alcohol and using tobacco products 4 weeks before your surgery date. There are many resources available to help you. Talk to your doctor, nurse or pharmacist if you would like information to help you quit smoking.

Informed Consent

It's important that you know all about your surgery. After your doctor has explained why you need the surgery and what will be done, you will be asked to sign a consent form saying that you understand your surgery and agree to have it done.

Make sure you ask your doctor all your questions before you sign the form. Surgery will not take place unless the form is signed.

3. NIGHT BEFORE SURGERY

- Have a carbohydrate rich (such as potatoes, bread, pasta, bananas, oatmeal) meal or drink. (such as a meal replacement drink)
- Make sure you do not eat anything after midnight the evening prior to your surgery.

4. DAY OF SURGERY

On the day of surgery, please do the following:

At Home

You may drink clear fluids up until 2 hours before your **arrival time** at the hospital on the day of surgery. A clear liquid is any liquid that you can see through such as:

- Water
- Apple juice
- Cranberry juice
- Clear broth
- Clear tea or coffee without milk or cream. Milk and orange juice are NOT clear fluids and should not be taken.

If you have been told by your doctor to take any pills before your surgery, you may take them with a sip of water. DO NOT take diabetic medications or insulin.

Your doctor may ask you to fast (no food or drink) longer based on your medical condition.

For your own safety, your surgery may be cancelled or postponed if you do not follow these guidelines.

Personal Care

- Take a bath or shower. Remove all nail polish.
- Do not wear makeup, lotion, powder, perfume or deodorant.

Contact Lenses

- Take out your contact lenses before surgery and leave them at home. Wear your glasses only.

Medicines

- If you are not sure if you are to take your medicines, please ask your doctor or pre-op clinic.

Valuables

- Do not bring items of value to the hospital. The hospital is not responsible for loss. For safety reasons, all jewelry must be removed before surgery such as rings, chains, watches, and body piercings. If you cannot remove jewelry, it may need to be cut off.

5. ARRIVAL TO THE O.R.

Your safety is important to us. On your day of surgery, you will be asked your name and birthdate often.

On admission, an identification bracelet will be placed on your wrist and you will be told where to go next. There is a surgical waiting room for families to wait while you have surgery. Please ask the team.

Arrival to the Operating Room

In the preoperative area, an intravenous or I.V. (needle in your vein) will be inserted to give you fluids and/or medications before and during your surgery.

The nursing staff will also ask you several questions to ensure your safe to go through with the surgery. During this time the nursing team will also put eye drops into your operative eye.

Surgical Safety Checklist

Before your operation, the surgeon, nurses and anesthetist will do a safety check in the operating room with you. If you have further questions, you may ask them at this time.

Anesthesia helps keep you pain free during surgery. *There are many types of anesthesia used including:*

Conscious Sedation: means that you are given drugs to keep you relaxed and comfortable during your surgery. You will be awake.

Local Anesthesia: means that you are given a drug, commonly called 'freezing'. Local anesthetics 'block' the feeling of pain from the site of surgery. Although you are awake for the surgery, you may be given some drugs through your IV to relax you.

Some drugs may stay in your body for up to 24 hours. The side effects of these drugs can change your short term memory, judgement and response time. You may feel sick to your stomach (nauseated) from these drugs. You can be given medicines that will lessen this feeling.

6. AFTER SURGERY/DISCHARGE (POST-OPERATIVE) INSTRUCTIONS

Recovery Room

After your surgery is over, you will be taken to a recovery area. You will be a little sleepy. Nurses will be checking on you every few minutes.

You will have an I.V. to give you fluid and medicine if needed. You will also be offered juice, water and digestive cookies at this time.

You will be assessed for nausea and pain. Please tell the nurse if you're experiencing any discomfort. Patients usually stay in recovery for 30 minutes to one hour. Visitors are not allowed in this area.

When you are ready for discharge from the recovery area, you may go home the same day that you have surgery.

You will need to arrange to have a responsible adult available to come to the hospital and take you home, either by car or taxi. **You cannot drive yourself home after surgery.** Please also arrange to have a responsible person stay with you overnight after your surgery.

The drugs used to put you to sleep or to relax you during your surgery stay in your body for 24 hours.

In the 24 hours after your surgery, do not:

- Drink any alcohol
- Take any pills that will make you feel sleepy. Check with your doctor if you are unsure.
- Drive a car, use machinery, power tools or appliances
- Make major decisions or sign legal papers.

Discharge (Post-Operative) Instructions

Instructions:

- a)** Keep the eye protected for one week, either by wearing your glasses or taping the shield over your eye. Please wear your shield for naps and at night while sleeping.
- b)** Pain control: Regular Tylenol.
- c)** Start the post-operative drops 5 hours after your surgery:
 - 1) Antibiotic Drop (Moxifloxacin)**
(Alternative: Ocufloracin or Gatifloxacin)
Directions: ONE drop in the operated eye three (3) times daily for (1) one week after surgery.
 - 2) Steroid Drop (Prednisolone acetate 1%):**
Directions: Shake Well. ONE drop in the operated eye three (3) times daily for three (3) weeks after surgery.
- d)** Start the following post-operative drop 7 days after your surgery:
 - 1) Nonsteroidal Drop (Nepafenac)**
(Alternative: Diclofenac or Ketorolac)
Directions: ONE drop in the operated eye three (3) times daily for four (4) weeks.
- e)** For the first week, take things easy. No heavy lifting, bending or straining. No strenuous activity for 2 weeks.
- f)** Do not drive until you discuss this with your optometrist.
- g)** Avoid getting soap, shampoo or water in your eyes for one week. Do not perm or dye your hair for 1 week.
- h)** Do not rub your eyes for the next 3 weeks.
- i)** Do not use a hot tub or sauna for the next 2 weeks.
- j)** Do not swim for 1 week after surgery.
- k)** Your vision may improve slowly, and may improve again in 5 weeks once you get your new glasses.

- l) If you have been given sedation (intravenous medication): Sedative and narcotic medicines given during your procedure may linger for hours. Thus, you may notice some drowsiness during the remainder of the day.

For this reason, it is essential that a companion drive you home or accompany you if you plan to take a taxi or public transportation. You should not drive today or operate machinery. You should not plan any activities that require complex thought or coordination today. Do not drink alcohol or take sedative medicines during the next 24 hours.

- m) Please contact surgeon or your optometrist immediately if these symptoms occur:
- a. Loss of vision
 - b. Nausea, vomiting
 - c. Severe headache
 - d. Severe light sensitivity
 - e. Eye becomes painful
 - f. Persistent flashes or new floaters in vision

7. GOING HOME/CONTACT US

Please arrange to have a responsible adult to pick you up when you are discharged home. The patient care team will provide information about how to care for yourself when you are at home. You will be given a prescription. Your surgeon will call you the evening of your surgery or the next day to follow up with you.

Contact Us:

Preoperative Clinic

Lake of the Woods District Hospital
Ph: (807) 468-9861 ext. 2459
preopclinic@lwdh.on.ca

Visiting Specialist Clinic

Lake of the Woods District Hospital
Ph: (807) 468-9861 ext. 2287

Aqua I Laser

1770 Taylor Avenue
Winnipeg, Manitoba
Ph: (204) 560-2782
Fax: (204) 560-1000