



CATARACT CENTER FOR THE ADIRONDACKS

450 Margaret Street • Plattsburgh, NY 12901 • Phone (518) 561-3144 • Fax (518) 561-3155

Patient Name: _____

Surgery Date: _____

****You will need to call us the day before your surgery for your arrival time.**

YOU HAVE A PRE-OP APPOINTMENT SCHEDULED

ON: _____ AT: ____:____ a.m. / p.m.

- 👁 We will be doing testing on your eyes and giving you all of your instructions for surgery. You will also have an EKG done.
- 👁 **If you wear rigid or soft contact lens, you will need to take them out before your pre-op appointment. Rigid Lens—3 weeks prior and Soft Lens—7-10 days prior. (For Cataract Surgery Only)**
- 👁 **PLEASE BRING ALL OF YOUR CURRENT MEDICATIONS (INCLUDING OVER THE COUNTER MEDICATIONS) WITH YOU TO YOUR PRE-OP AND SURGERY APPOINTMENTS.**
- 👁 It is okay to drive yourself to this appointment.
- 👁 You will want to come in the Cataract Center entrance which is located near the back of the building, doors are labeled Cataract Center for the Adirondacks.
- 👁 If you have any questions or you need to re-schedule your appointment please call us at: **(518) 561-3144.**

Patient Name: «FirstName» «LastName»

HOW TO PREPARE FOR YOUR SURGERY

YOUR SURGERY IS SCHEDULED FOR «Date» AT CATARACT CENTER FOR THE ADIRONDACKS. DO EXPECT TO BE AT THE CATARACT CENTER FOR APPROXIMATELY 3 HOURS THIS DAY.

1. **DO PHONE THE OFFICE BETWEEN THE HOURS OF 9AM AND 11AM AT 518-561-3144 OR 1-800-272-1003, THE DAY BEFORE YOUR PROCEDURE, TO INFORM YOU OF YOUR ARRIVAL TIME.**
2. **DO TAKE ALL OF YOUR USUAL MORNING MEDICATIONS WITH SIPS OF WATER ONLY. IT IS VERY IMPORTANT THAT YOU TAKE YOUR BLOOD PRESSURE MEDICINE, HEART MEDICINE, AND YOUR ANTACIDS. EXCEPTION: DO NOT TAKE YOUR FLUID PILLS OR DIABETIC (SUGAR) MEDICINE. IF YOU ARE DIABETIC AND YOUR BLOOD SUGAR IS HIGHER THAN 350 THE MORNING OF YOUR SURGERY, PLEASE CALL THE SURGERY CENTER.**
3. **DO HAVE A DRIVER TO TRANSPORT YOU TO AND FROM YOUR SURGERY. YOU WILL NOT BE ABLE TO DRIVE HOME AFTER YOUR PROCEDURE. ALSO YOU WILL NEED A RESPONSIBLE ADULT WITH YOU FOR THE FIRST 12 HOURS AFTER YOUR PROCEDURE.**
4. **DO BRING ALL OF YOUR PRESCRIPTION MEDICATIONS INCLUDING YOUR EYE DROPS WITH YOU ON THE DAY OF YOUR PROCEDURE.**
5. **DO EXPECT TO BE GIVEN AN APPOINTMENT TO BE SEEN, THE DAY AFTER YOUR PROCEDURE, AND YOU WILL NEED A DRIVER FOR THIS APPOINTMENT.**
6. **DO CALL THE OFFICE, IF YOU HAVE ANY QUESTIONS AT 518-566-2020 OR 1-800-272-1003.**
7. **ON THE DAY OF YOUR SURGERY, IF POSSIBLE, PLEASE WEAR A SHORT SLEEVE SHIRT. NO T-SHIRT UNDERNEATH.**
8. **LADIES: DO NOT WEAR ANY EYE MAKEUP DAY OF SURGERY AND FOR 1-WEEK FOLLOWING SURGERY.**
9. **DO SHOWER AND WASH FACE DAY OF SURGERY.**
10. **MOST LIKELY YOU WILL STILL NEED TO WEAR GLASSES AFTER YOUR SURGERY.**
11. **IT IS YOUR RESPONSIBILITY TO PURCHASE THE EYE DROPS FOR SURGERY.**
12. **IF POSSIBLE, PLEASE BRING A PAIR OF SUNGLASSES WITH YOU INTO THE SURGERY CENTER THE DAY OF YOUR SURGERY.**
13. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE, IF YOU DO THEN YOUR SURGERY WILL BE CANCELLED.**

Surgery Date: «Date»

Patient Name: «FirstName» «LastName»

**PLEASE FOLLOW THESE EYE DROP INSTRUCTIONS
CAREFULLY.**

****ALWAYS WASH YOUR HANDS PRIOR TO INSTILLING YOUR EYE
DROPS****

_____ USE ONE DROP OF
1. **KETOROLAC 0.5%**
2. **CIPROFLOXACIN 0.3%**
3. **PREDNISOLONE ACETATE 1% (Shake Well)**
IN YOUR «EYE» EYE FOUR TIMES (4) A DAY.

_____ USE ONE DROP OF
1. **KETOROLAC 0.5%**
2. **CIPROFLOXACIN 0.3%**
3. **PREDNISOLONE ACETATE 1% (Shake Well)**
IN YOUR «EYE» EYE WHEN YOU WAKE UP.
**PLEASE BRING ALL OF YOUR EYE DROPS
WITH YOU TO OUR SURGERY CENTER.**

**Instill one drop within lower lid while looking up or straight ahead. It is easier if you lie down. Close both eyes gently for one minute and try not to squeeze. After three to five minutes, instill second medication, wait three to five minutes, and instill third medication.

PLEASE PICK UP YOUR EYE DROPS WITHIN THE NEXT 10-14 DAYS.

**IF YOU ARE SCHEDULED FOR YOUR SECOND EYE, CALL THE
PHARMACY BEFORE PICKING UP YOUR EYE DROPS SO THEY ARE
ABLE TO GET THEM READY FOR YOU!!**