

Before Surgery

- Stop wearing eye makeup the day before surgery.
- Bathe and wash your hair the night before or the morning of surgery.
- Apply hot compresses to your eyelids 2 times on the day before surgery and once the morning of surgery. Run a washcloth under hot tap water, wring it out, close your eyes and place it on your eyelids for about 5 minutes. Massage the eyelids gently.
- Wear something comfortable, because you not be changing clothing.

Medications the Morning of Surgery

- Take all regular medications with small sips of water anytime.
- If you are **diabetic**, do NOT take any diabetic medication. Check your blood sugar at home. Write down the results and what time you checked it. Bring it with you to the Cataract and Laser Center.
- Continue any blood thinners and glaucoma medications.
- Take breathing treatments like normal. Bring any inhalers with you.

DO NOT

- DO NOT eat or drink anything **8 hours** prior to your appointment. (This includes black coffee)
- DO NOT wear any make-up or lotion on your face.
- DO NOT wear nail polish or earrings.
- DO NOT wear any perfume or colognes (deodorant is fine).
- DO NOT smoke, chew tobacco, drink alcohol, chew gum, or suck on hard candy. Smoking the day of surgery will likely result in the cancellation of your surgery.
- DO NOT bring valuables with you to the Cataract and Laser Center.

Surgery Appointment

- You do not need to come any earlier.
- You will need a driver the day of surgery. **Your driver MUST stay at the surgery center.** If your driver is not there, we will NOT do your surgery.

Common Questions

Where is the Surgery Performed?

The Cataract and Laser Center is located on the bottom level of Eye Centers of Tennessee and is the region's only outpatient surgical center dedicated completely to eye surgery. Park in the main parking area, enter the front door of Eye Centers of Tennessee and take the elevator down to the Cataract and Laser Center (Level 1). Check in for surgery at the Cataract and Laser Center.

Your driver will be asked to sign paperwork stating they are taking you home and must stay at the facility during the procedure.

What to Expect at the Surgery Center

Check in at the front desk of the Cataract and Laser Center. You will receive an ID band and sign the consent forms for your surgery. A member of Exac Care will take you to a consultation room for a pre-operative medical evaluation and clearance for surgery.

Once cleared for surgery, a nurse will take you to the pre-operative area, give you an opportunity to go to the restroom, and then ask you to lie on a stretcher bed. If you have difficulty lying flat or other special needs, please make the nurses aware of this. You will be in this area for about an hour. Your operative eye will be dilated. Your vital signs will be monitored in the pre-operative area and throughout the procedure.

You will be given sedation by mouth to help relax you during surgery. While the initial sedation will wear off fairly quickly after surgery, you may still feel some effects for several hours after your surgery. You may be light headed, off balance or forgetful. It is best if someone can stay with you for at least the first couple hours following the procedure. We routinely use **topical (eye drop)** anesthesia. This simply means no shots are given around the eye.

In the operating room a sterile drape will be placed around your eye. A flexible tube is placed under the sterile drape and holds it up off of your face. This tube also provides oxygen to help you breathe comfortably during the procedure. An instrument will hold your eyelids open during the surgery. Your eye will be numb, so you will not feel the need to blink. We do not expect you to feel pain, but slight feelings of pressure are common. Please make Dr. Patterson aware of any discomfort you have during the procedure.

During the procedure, you may be aware of the following:

1. A bright light and possibly a variety of different colors.
2. The sensation of eye drops or like your eye is under water.
3. Mild pressure inside the eye.
4. A buzzing, beeping and clicking sound of the ultrasound machine.
5. Dr. Patterson will be talking with other staff members during the procedure.

After the procedure, your vital signs will be checked and you will be asked to wait about 10 minutes to ensure you are in stable condition. We do not patch the eye routinely. You may go out to eat on your way home.