Thomas J. Cavin, MD, FACS     Gregory J. McCormick, MD

- Cataract surgery is an elective procedure and should be scheduled at a time when you have access to proper postoperative care. It is ideal for you to be in the area for one full month following surgery. If you wish to travel, consult with the doctor to see if the schedule is appropriate.
- You will need to schedule a preoperative physical and possibly an EKG and blood work prior to surgery. This is to be completed preferably within the time period on your physical form. See attached form.
- You will have a phone interview with the surgical center nine days before surgery. If you have not already received a date and time for the telephone interview, then please call our office. Please fill out the attached form prior to the phone interview to facilitate the process. Please make yourself available for the specified one hour interview time frame. Please call the The Eye Surgery Center if you have a conflict at 802-861-3554.
- Plan to be at the ambulatory surgical center for three to four hours. You will need a driver to-and-from surgery as well as to-and-from your first day postoperative visit.
- Soon after your arrival to the surgical center an IV will be started. You will receive IV sedation after the anesthesia permit is reviewed.
- Local anesthesia will typically be used. If you are uncomfortable, please tell the doctor so that additional anesthetic may be used.
- Food restrictions include no solid food or milk products as of 6 hours before the scheduled arrival time for surgery. Clear liquids (as indicated on the yellow sheet) may be consumed up to 3 hours prior to the scheduled arrival time.
- Prior to your procedure, take your medications as directed with small sips of water at the usual time. If a medication must be taken with something other than fat free liquids or sips of water please contact the The Eye Surgery Center at 802-861-3554.

--- PLEASE SEE PAGE TWO OF THIS HANDOUT ---
• Do not wear lipstick, mascara, eye makeup, nail polish, jewelry, or alcohol based hair products the day of surgery. Do not bring valuables to the surgical facility.
• Wear clean, comfortable, loose fitting clothing the day of surgery.

After Surgery:
• When you leave the surgical center you will have a patch over the operative eye. Have a restful remainder of the day. Leave the patch in place until it is removed the day after surgery at the doctor’s office.
• At your first post-operative visit you will be started on an eye drop regimen, typically 4 times a day for 4-6 weeks.
• You may experience mild discomfort or scratchiness in the operative eye following surgery.

Postoperative Restrictions:
• Do not rub or bump the operative eye.
• You will wear an eye shield at bedtime for two weeks after surgery.
• Bathing and hair washing are permitted but should be done in a way that keeps the operative eye free of soap and water for two weeks. Many patients choose to have their hair carefully washed (wash only) at a salon. You should wear the eye shield to the hairdresser for protection.
• Avoid dirty or dust environments for two weeks.
• No swimming for two weeks after surgery.
• Do not wear eye makeup or mascara for two weeks after surgery.
• No gardening or lawn work for two weeks after surgery.
• You may do normal bending, but if you wish to pick something off the floor it is best to do so from a stable, or seated, position for two weeks after surgery. Do not stay in an inverted position for an extended amount of time for two weeks after surgery.
• You may lift objects as long as it does not make you hold your breath, strain, or red in the face for two weeks after surgery.
• Ask about driving when you see the doctor the day after surgery.
• Some exercise may be permitted during the recovery period. Your doctor will be able to give you more specific answers based on your progress on the day after surgery.
• The glasses prescription will change following surgery. The prescription may be up-dated approximately four weeks after surgery.