

Dr. B. A. Ford  
102, 49 Richard Way S.W.  
Calgary, Alberta T3E 7M8  
245-3730, fax 245-1058

## **CATARACT SURGERY**

### **PLEASE READ CAREFULLY BEFORE SURGERY**

#### **Before Surgery**

- Medical:** -A medical must be done by your family doctor and **returned to our office at least 3 weeks before surgery**  
-Take the attached medical form to your doctor to be completed  
-If you **fail** to have your medical done, your surgery will be postponed
- A-scan:** -This is a measurement of your eye necessary for the cataract surgery and done **at Dr. Ford's office**  
-If you **fail** to have the A-scan done, your surgery will be postponed  
- Your appointment: \_\_\_\_\_
- Eye drops:** -You need to start your **Zymar** eye drops 2 days prior to your surgery  
- Your prescription and instructions are attached, please have your prescription filled at least 2 days before surgery

#### **Surgery**

**Date** **Right Cataract:** \_\_\_\_\_ **am/pm**

**Arrival time:** **Left Cataract:** \_\_\_\_\_ **am/pm**  
(walk in door time)

Total length of time there is approx. 1 hrs & 30 min, from start to finish.

**Location:** **SURGICAL CENTRES INC.** (Dr. Nanji)  
**Rockyview Health Centre 2(Not Rockyview Hospital)**  
**Suite 120, 1016 68 Ave. S.W., Calgary, Alberta**

**Parking:** Pay parking available in main parking lot, enter in main doors.  
You cannot drive yourself to surgery.

# IMPORTANT CATARACT SURGERY INSTRUCTIONS

## BEFORE SURGERY

- Start your Zymar eye drops to the surgery eye 2 days before your surgery.
- Do not have any solid food or milk products after midnight before surgery, this includes gum or candy. Do not drink any alcoholic beverages for 24 hrs before surgery.
- Stop drinking clear fluids 3 hours before surgery (e.g. black tea and coffee, apple juice, water).
- Your operation may be cancelled due to acute medical conditions (e.g. severe cold). If in doubt, contact your surgeon's office prior to surgery.
- Take all your medications as normal before surgery with sips of water.
- If you use glaucoma drops in the surgery eye, continue using them as per your usual schedule unless Dr. Ford tells you otherwise.

## THE DAY OF SURGERY

- It is recommended to have someone accompany you to and from surgery. Please make your own arrangements.
- Please bring a pharmacy generated list of all medications that you are currently taking as well as your **Alberta Health Card**. (If a list is unavailable, please bring your medications to the surgery centre in the original containers.)
- Wear loose comfortable clothing. Nothing tight or constricting i.e.: nylons.
- Please do not wear jewelry or makeup. If you wear contact lenses, please remove them before surgery.
- You will check in at Surgical Centres Inc. reception area. There is a waiting room if your driver needs to wait.
- They will have you sign a consent form and then take you to the back to see the anesthetist. He will administer the anesthetic.
- Once the anesthetic has taken effect, you walk to the surgical suite where Dr. Ford will be, to do your surgery.
- You will lie on a surgical bed while covered with a sterile surgical drape. The surgery itself takes about 10-20 minutes and you will be awake for the whole procedure.

## AFTER SURGERY

- Go home & rest. Resting quietly the day of surgery is recommended
- Start your other 2 eye drops, the Voltaren and the Pred Forte, when you arrive home from the surgery. Continue with the Zymar eye drops for 7 days.
- Wear eye shield while you sleep for 2 weeks.
- You will have to return to Dr. Ford's office for a 1 day, and a 3-4 week post-operative check up (your pupils will be dilated at the 3-4 week check). You will be given these appointments on the day of your surgery.
- You may eat regular meals following surgery.
- Take your other medications (including glaucoma drops) as per your normal schedule.

## POST-OPERATIVE ADVICE FOLLOWING SURGERY

- If you have any questions about your eyes, please call the office.
- If you experience discomfort, you may take Tylenol as recommended.
- If there is a decrease in vision or an increase in pain, please contact Dr. Ford's office immediately (day time hours). After hours, to receive telephone advice call Calgary Health Link at 943-5465. For emergencies, go to the nearest Emergency Department at the closest hospital.
- Your wound is healing and it will not be firm enough to stand too much pressure for about six weeks. Continue to be careful at home. It is impossible to list all the activities you should avoid.
- Avoid closing the eyes tightly. Never rub or touch the eye. Take care when washing your face.
- Avoid stooping, straining, and lifting for two weeks. You may bend over to put shoes on. Vigorous activities should be discussed with Dr. Ford on your 3-4 week appointment.
- If there is a lot of discharge from the eye, wipe off the lids with moist cotton, but avoid exerting pressure on the eye, particularly the upper lid.
- Wash your hands thoroughly before and after putting in eye drops and ointments.
- Wear a protective eye shield: Protect your eye when you are sleeping for two weeks. Tape to face with tape or fix the eye shield with string (e.g. like a pirate patch).
- You may go outdoors for a walk or drive. It is not necessary to cover the eye but it is important to shield it from bright sunlight by using sunglasses.
- You may have the feeling of something in the eye because of the incision, but do not rub the eye. This feeling may persist for a few weeks.
- You may wear your old glasses. If the old lens of the operated eye bothers you, you may have it removed by an optician and a blank put in or leave the lens out entirely.
- At your 3-4 week post-op visit, Dr. Ford will help you decide if you need to see an Optometrist for a new prescription for glasses.

## HOW TO INSTILL EYE DROPS

1. Pull your lower lid down with one hand forming a "pouch" and look up.
2. Put one drop of medicine in the pouch. Don't touch the tip of the bottle to your lid, eyelashes or any other place.
3. Leave 5 minutes between insertion of drops.
4. If the above is difficult, lie on the bed and repeat above instructions while looking up at the dropper.
5. Do not take any eye medications that have not been prescribed to you by your doctor or nurse.

## Pre-Surgery Medical Form

**PLEASE RETURN WITHIN 3 WEEKS BEFORE SURGERY**  
**(No earlier than 3 months before surgeries)**

Dear Dr. \_\_\_\_\_,

Your patient has been scheduled to have surgery at:  
SURGICAL CENTRES INC.

120, 1016 68<sup>th</sup> Avenue S.W.  
Calgary, AB T2V 4R6

Please provide a complete history and physical examination on this form and **fax as soon as possible to: DR. FORD Fax 245-1058 --- SEND**  
**ASAP!!**

Patient's Name \_\_\_\_\_ Date of Surgery \_\_\_\_\_  
Procedure \_\_\_\_\_

ADMITTING DIAGNOSIS

HISTORY OF PRESENT ILLNESS

Past Medical Hx -

Medication List -

Recent Steroid use-

Drug Allergies-

Previous Surgery-

Anesthetic Problems-

Functional Inquiries (Systems Inventory) No Yes

Cardiovascular	___	___
Respiratory/Smoking	___	___
Heptic	___	___
Renal	___	___
Nervous System	___	___
Endocrine	___	___
Musculoskeletal System	___	___
Blood or Coagulation Disorders	___	___

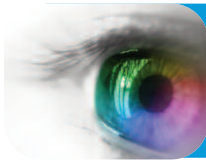
Pulse \_\_\_\_\_ BP \_\_\_\_\_ Weight \_\_\_\_\_ Height (approx.) \_\_\_\_\_

	Normal	Abnormal	If Abnormal give details
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EENT	_____	_____	
Cardiovascular	_____	_____	
Respiratory	_____	_____	
Abdominal	_____	_____	
Nervous System	_____	_____	
Musculoskeletal	_____	_____	
Other (Specify)	_____	_____	

FIT FOR SURGERY? YES \_\_\_ NO \_\_\_

Date \_\_\_\_\_ Dr. Name \_\_\_\_\_ Office Fax # \_\_\_\_\_

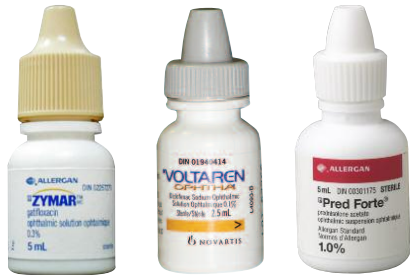


**DR. FORD, MD, FRCSC**  
EYE PHYSICIAN & SURGEON

#102- 49 RICHARD WAY SW, CALGARY, AB T3E 7M8

This instruction sheet contains valuable information about the eye drop medications you must take **before** and **after** your cataract surgery. Be sure to keep this information handy - place it near the fridge or medicine cabinet.

**Medications**



**ZYMAR™**    **VOLTAREN®**    **PRED FORTE®**  
"PREDNISOLONE"

You will be given a prescription for the **3 drops** shown here **Zymar™**, **Voltaren®** and **Pred Forte®**, **4 times per day** to the operated eye.

**BEFORE SURGERY**

Beginning **two (2) days before your surgery**, instill one (1) drop of **ZYMAR™** four (4) times a day while awake to the eye that is to have surgery.

**\*Reminder:** When using two or more eye medications, always wait about 5 minutes after instilling the first medication before instilling the next one.

**AFTER SURGERY**

- WEEK 1** 1 drop from each bottle, **4 times per day** to the operated eye.
- WEEK 2** 1 drop of **Voltaren®** and **Pred Forte®**, **4 times per day** to the operated eye.
- WEEK 3** 1 drop of **Voltaren®** **4 times per day**, 1 drop of **Pred Forte®** **2 times per day** into the operated eye.
- WEEK 4** 1 drop of **Voltaren®** **4 times per day**, 1 drop of **Pred Forte®** **2 times per day** into the operated eye.

Week 1	Week 2	Week 3	Week 4
<b>Zymar™</b> 4x a day			
<b>Voltaren®</b> 4x a day	<b>Voltaren®</b> 4x a day	<b>Voltaren®</b> 4x a day	<b>Voltaren®</b> 4x a day
<b>Pred Forte®</b> 4x a day	<b>Pred Forte®</b> 4x a day	<b>Pred Forte®</b> 2x a day	<b>Pred Forte®</b> 2x a day

## Dr. B. A. Ford

#102 - 40 Richard Way SW,  
Calgary, AB T3E 7M8

**Tel: (403) 245-3730**

**For the first 2 weeks after surgery, please AVOID the following:**

- Any activities involving lifting (over 10 lbs.)
- Swimming in chlorinated pools
- Any activities involving bending at the waist (household chores, bowling, curling, aerobics, exercise, sex, etc.)

You should expect some blurring of vision for up to 4 weeks after your surgery, and may experience difficulty with near vision until receiving a new prescription for glasses 6 weeks after the surgery. In the meantime, you may use over the counter reading glasses with approximately +2.50 power to help you read.

You are encouraged to:

- Clean the eye area with a clean washcloth and water (no soap)
- Keep your post-operative appointments at 1 day and 2 weeks.
- Wear your old glasses (if comfortable) for protection.

**IMPORTANT:** If you experience worsening vision, severe pain in your operated eye, please call the office immediately at **403-245-3730**. If you are unable to reach Dr. Ford after office hours, go to the **Rockyview Hospital Emergency Department**.