

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: The enclosed **Pre-Surgery Medical Information form must be completed and returned to our office, along with a medication list, 1 month before surgery.**

If you have any changes to your health or changes to medication within 3 months of surgery, please notify our surgical department.

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: _____

SURGERY:

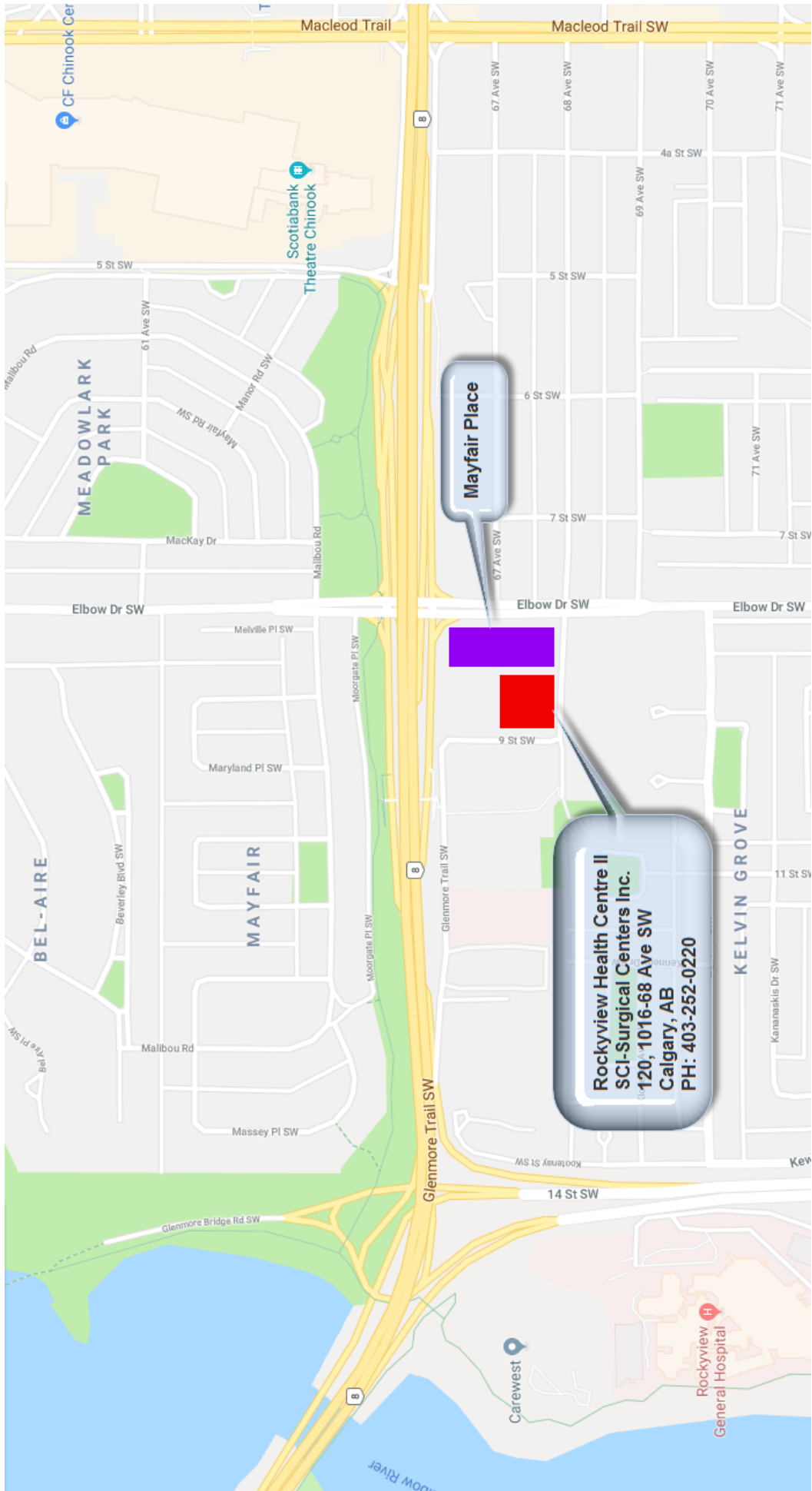
Date & Arrival time: **Right Cataract:** _____ am/pm
Left Cataract: _____ am/pm
(walk in door time)

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

Eye drops: -You need to start your **Vigamox & Prolensa** 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

Location: **SURGICAL CENTRES INC.**
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.



Mayfair Place

Rockyview Health Centre II
SCI-Surgical Centers Inc.
120, 1016-68 Ave SW
Calgary, AB
PH: 403-252-0220

ASCAN/CATARACT DISCUSSION HIGHLIGHTS

PLEASE READ BEFORE ASCAN APPOINTMENT

1. **Please instill artificial tears into both eyes 4 times/day for 5 days prior to your A-Scan appointment. Please do NOT instill any drops in your eyes the last hour before your appointment. (STARTING ON :**
2. Soft contact lenses must be out for 1 week prior to these measurements (hard contacts 2 weeks prior). Please advise staff if you take or have ever taken Flomax, Hytrin or Avodart medication or if you have ever had eye surgery before.
3. Target outcome with Cataract Surgery:
Cataract surgery breaks up your natural lens (now a cataract) by using ultrasound and fluid. This lens is then replaced with an implanted, artificial lens. The power of this lens depends on the A-Scan measurements/calculations and your preferred outcome.

1. Most commonly, distance vision is targeted thus aiming to eliminate distance glasses. Reading glasses, however, would still be required for any activities within arms length. Some people may prefer the opposite however, which would be to aim to read without glasses. In this scenario, glasses would then be required for anything beyond arms length.

2. If you have astigmatism, you may qualify for correction with a Toric implant. This is a specialty lens and thus not paid for by Alberta Health; there is a \$925.00 fee per eye due at the time of surgery.

3. Premium Extended Range lens implants are also an option. This lens is designed to help correct both distance and near vision, thus limiting the need for glasses in all ranges. This lens does have some increased risks of glare which can effect night vision. The cost of the premium lens ranges from \$1,755.00 - \$2,090.00 per eye depending on the amount of astigmatism you have.

INDIVIDUAL HEALING RESPONSES VARY AND WE CANNOT GUARANTEE THE EXACT OUTCOME OF YOUR SURGERY OR YOUR REQUIREMENTS FOR GLASSES, REGARDLESS OF YOUR LENS CHOICE.

4. Risks of Surgery:
There is approximately a 1% risk factor associated with cataract surgery, with the majority of the potential risks being treatable. Risks include, but are not limited to, inflammation, corneal irritation, increased light sensitivity, infection, retinal detachment, additional surgery, and blindness.
5. Instructions for after surgery:
Tape clear shield over eye at night for 1 weeks after surgery -use drops as instructed, ensuring to leave 5 minutes between different drops-refrain from rubbing eye, bending over and lifting over 15lbs for two weeks after surgery; ensure to keep hands clean when instilling drops. **PLEASE READ THROUGH THE ENTIRE PACKAGE CAREFULLY BEFORE AND AFTER SURGERY.**

IMPORTANT CATARACT SURGERY INSTRUCTIONS

BEFORE SURGERY

- Start VIGAMOX and PROLENSA eye drops in the surgery eye 2 days before 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.
- Continue to drink clear fluids up to 3 hours before surgery (e.g. black tea and coffee, apple juice, water) then stop. Stop all fluids 3 hours before surgery.
- 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 your medications as normal before surgery with sips of water, only avoid medications that state "TAKE WITH FOOD" (ie. Diabetes medication).
- 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 Durezol and Prolensa, when you arrive home from the surgery. Continue with the Vigamox 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 1 week. 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 INFORMATION
RETURN FORM 1 MONTH BEFORE SURGERY

DR. B. FORD

Please complete the following information and mail/fax to our office:
#102, 49 Richard Way, Calgary, AB, T3E 7M8
Attn: Surgery Department (OR FAX TO 403-245-1058)

Patient's Name _____ Date of Birth _____

Date of Surgery _____

Allergies _____

Approx. Date of Last Health Check-Up? _____

Name and Phone Number of Family Doctor? _____

(*Please book routine health exam if you have not seen doctor within past 6 months)

- 1) Do you take any medications? Yes No
a) **If YES, please attach pharmacy-generated list or have pharmacy fax list**
b) If you are on bloodthinners requiring bloodwork/INR please have done 1 wk prior to surgery

- 2) Have you ever been told you have/may have diabetes? Yes No
a) Any changes within the last 2 months? Yes No
b) Are your sugars well controlled? Yes No
c) Ave Blood Sugar reading (if known)? _____

- 3) Have you ever been told you have high blood pressure? Yes No
a) Any changes within the last 2 months? Yes No
b) Last Blood Pressure (if known)? _____ / _____

- 4) Do you have any difficulties breathing? Yes No
a) Diagnosis? COPD ASTHMA SLEEP APNEA OTHER
b) Any changes within the last 2 months? Yes No
c) Do you require supplemental Oxygen? Yes No

- 5) Have you ever had or been told of heart problems? Yes No
a) Diagnosis? ATRIAL FIBRILLATION ANGINA CONGESTIVE HEART FAILURE
b) Any history of heart attack? If yes, WHEN? _____
c) Any history of heart surgery? If yes, WHEN? _____
d) Do you have a pacemaker? Yes No

- 6) Can you lie flat for 15 to 20 minutes? Yes No

- 7) Do you suffer from Anxiety Disorder or Claustrophobia? Yes No

- 8) Anything else you feel we should know about your health?

I confirm that the above is true to the best of my knowledge:

(print name) (signature) (date)

Cataract Surgery Information

Dear Patient,

This instruction sheet contains valuable information about the medications you must take before and after your cataract surgery. Be sure to keep this information handy for reference.

MEDICATIONS



VIGAMOX



PROLENSA



DUREZOL

BEFORE SURGERY

Beginning **2** days **before** surgery, put **1** drop of **VIGAMOX** **3** times per day and **PROLENSA** **1** time per day into the eye that is planned for surgery. **Reminder:** Do not eat anything after midnight the night before surgery; you may drink clear fluids up to 3 hours prior to surgery.

AFTER SURGERY

WEEK 1

Starting the day of surgery once your surgery is completed:

VIGAMOX three (3) times per day

DUREZOL two (2) times per day

PROLENSA once (1) per day



WEEK 2

Continue:

DUREZOL two (2) times per day &

PROLENSA once (1) per day



WEEK 3 + WEEK 4

Continue:

PROLENSA once (1) per day



PHONE: (403) 245-3730

Dr. Bryce Ford

FAX: (403) 245-1058

Eye Physician & Surgeon

#102 – 49 Richard Way SW Calgary, Alberta T3E 7M8

Cataract Surgery Information

ADDITIONAL INSTRUCTIONS

- Instill VIGAMOX and PROLENSA once each the morning of surgery.
- The drops can be started in the operated eye when you arrive home from surgery.
- If you normally use any drops for glaucoma or dry eye, **these should be continued**.
- The order of the drops does not matter, but leave at least 5 minutes between each drop.
- The eye shield should be worn at night– no pad is required underneath– for 1 week after your surgery. It can be taped on with medical/micropore tape. Sunglasses may be worn during the day for comfort.
- You can read and watch television as much as is comfortable.
- You should avoid strenuous exercise or exertion, including lifting any weight >15lbs, dirty/dusty environments and swimming pools/saunas/hot tubs for two weeks after surgery.
- Bending over is okay but try to keep your head raised.
- Some people may feel like they have a grain of sand in their eye during the first 24 hours. This usually settles after the first day.
- You may wash your hair after the second day post-surgery. Try to keep water out of the eyes for two weeks.
- The eye will take 6 weeks to heal and stabilize. Everybody heals at different rates and it is not unusual for the vision to be blurry, especially in the beginning. You may see your optometrist after this time period for new glasses.
- Most people will require glasses to help with reading or hobbies within arm's length; over the counter readers of approximately +1.5 to +2.5 may help initially.
- Times may differ for returning to work and for driving depending on the individual circumstances. Questions regarding this should be directed to Dr. Ford's staff.
- **You will be seeing Dr. Ford the day after surgery at his office, to ensure the eye is healing well.**

NOTE: If you experience significantly worsening vision or severe pain in your operated eye, please call the office. If not during office hours (9-4:30 Mon-Thurs, 9-12 Friday) please call healthLink at 403-943-5465 or go to the Rockyview Hospital Emergency Department.

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