

**Glenn B. Cook, M.D., Ph.D.**  
DIPLOMATE AMERICAN BOARD OF OPHTHALMOLOGY  
**Coronado Eye Associates**  
801 ORANGE AVENUE, SUITE 204  
CORONADO, CA 92118  
**(619) 437-4406**

The surgery you are going to have is one of the most advanced known to medical science. Every possible step will be taken before, during, and after your surgery to obtain an excellent result. Our primary concern is to give you the best possible care based on your particular needs.

If you have any questions about your instructions, I hope you will let me or one of my staff members assist you. We take pride in our work and are always available to assist you.

Sincerely,

Glenn B. Cook. M.D., Ph.D.

## SURGERY FOLDER

In your surgery folder you will find a health history form, surgical consent form, important things to remember and a hospital reservation booklet. Please fill out the health history form, initial and date the consent form, **and bring them with you to your preoperative appointment.** The hospital reservation packet has another health history form that you should fill out and mail directly to the hospital in the envelope provided. Remember as you read through your consent form that more than 97% of all cataract surgeries performed have a positive and successful outcome. If you have any questions at all about the consent form, do not sign it until you have discussed your concerns with Dr. Cook.

If you plan to sign the consent form, please initial the bottom of each page where highlighted and sign on line #1 under the statement,

***I wish to have the cataract operation with the intraocular lens implant.***

A representative of the hospital will contact you prior to your surgery and review what medications to take the morning of surgery. Take these medications with sips of water only. Remember you cannot have anything to eat or drink after midnight the night before your surgery. If you take eye drops, Dr. Cook will instruct you as to what drops to use and how to use them in the eye he will operate on. **In the eye that Dr. Cook does not perform surgery, please remember to use your drops as usual.**

## INSTRUCTIONS FOR OUTPATIENT SURGERY

You are scheduled for cataract surgery on \_\_\_\_\_, at the following facility:

Sharp Coronado Hospital  
250 Prospect Place  
Coronado, CA 92118  
(619) 522-3600

The surgery is usually performed in the morning and the exact time will be given to you the day of your preoperative appointment.

You are required to have a preoperative appointment at our office on \_\_\_\_\_ at \_\_\_\_\_. At this visit we perform measurements to ascertain information for the size and power of the intraocular lens that will be placed in your eye after the cataract is removed. This is also a great time for any questions that you may have. You may want to keep a list of any questions to ask at this visit.

## THE DAY OF SURGERY

Please arrive at the hospital at the specified time, which will be about 2 hours before the start of your surgery. Have someone drive you. **You will not be allowed to drive yourself home after your surgery.** You should plan on being at the hospital about three hours in total.

After you have checked in, changed, and made comfortable, the preoperative nurse will instill several doses of eye drops into your operative eye. This will prepare the eye for surgery.

The anesthesiologist will visit you and review your medication and medical history. Then you will be escorted to the operating room. The nurse will instruct you what to do and after you are made warm and comfortable the operation will begin. The anesthesiologist will administer IV medication which will relax you, so that you should feel nothing as the procedure begins. Plenty of fresh air is provided under the drape tented over you. The procedure at this point will take about 30 minutes. Most patients are surprised that the procedure had ended so quickly. After the surgery a shield is placed on your eye and will remain until the appointment in our office the next day (You may lift the shield to instill eye drops as instructed). You will then go to the recovery room for liquids and further instructions.

## **POSTOPERATIVE INSTRUCTIONS**

Protect the operated eye while sleeping at night or when taking a nap by covering it with the plastic shield given to you. Tape the shield onto your face with the tape. During the day the eye must be protected by your glasses even though the vision may be blurry with your current lens.

Avoid bumping or rubbing the operated eye. When instilling the drops please pull down the lower lid (try not to touch the upper lid) to keep from putting pressure on the eye.

Slight sensitivity to light and tearing is normal for first month.

Minor crusting and discharge to the eyelid may be present for the first few weeks.

The operated eye may be out of focus until new glasses are prescribed for you, about 4 weeks after your surgery.

You may do everything necessary to care for yourself. Hair care, tooth brushing, dressing, bathing, hairdressers, and etc. are permitted. Light work is not harmful but we discourage heavy lifting and excessive bending over for the 1<sup>st</sup> week. Try to keep water out of the operated eye. If you get water in the eye, apply one extra drop of antibiotic to the operated eye as a precaution.

You should take any prescribed medication in the non-operated eye as usual unless told otherwise.

Use Nevanac 1 drop 3 times a day in the operated eye. Start 3 days before surgery, use until gone.

Use Vigamox 1 drop 3 times a day in the operated eye for one week, and then discontinue the Vigamox drops.

Use Prednisolone or Econopred Plus 1 drop 3 times a day for two weeks then 2 times a day for one week and then 1 time a day for one week. At the end of four weeks discontinue the Prednisolone drops.

Separate the three drops by a few minutes.

## **THINGS TO REMEMBER**

Do not eat or drink anything after midnight the night before your surgery.

You may take your regular morning pills with a sip of water.

Be sure to have transportation arrangements made. You will not be allowed to drive home yourself.

Do not use any aspirin product, Vitamin E or Motrin like product, 1 week prior to your surgery.

Your arrival time at the hospital is 2 hours prior to your surgery. The hospital will call you the day before to give you the exact time.

## APPOINTMENTS

P r e o p e r a t i v e

A p p o i n t m e n t

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1 Day Postoperative Appointment \_\_\_\_\_

1 Week Postoperative Appointment \_\_\_\_\_

1 Month Postoperative Appointment \_\_\_\_\_

*(If you were referred to us for surgery by your optometrist, you will need to contact them for your 1 month follow-up visit.)*

