



## **Pre-Operative Instructions for Cataract/Implant Surgery**

Please bring your glasses and contact lenses with you the day of surgery.

On the day of surgery, please wear fresh, clean clothes. Avoid tight or binding clothes. Sweaters should be easily removable. Your shoes should be wiped clean and free of heavy soil. If you have any problem with bowel or bladder control, please bring any supplies you may need with you and let our staff know so they can assist you if needed.

On the day of surgery or the evening before, bathe or shower as you normally would including shampooing your hair. Women should clean all make-up from around the eyes including every bit of mascara. Apply no cold cream around your eyelids.

On the day of surgery it is okay to eat your regular meals before coming to your appointment. It is also a good idea to bring a light snack in the event you are at the clinic over the noon hour. You may be in the office for 2 to 3 hours.

If you wear a hearing aid, please bring it with you to the clinic.

It is all right to take all of your usual medications. If you are taking aspirin or aspirin-containing medications or blood thinners (anti-coagulants), please let us know on the day of surgery. You do not have to stop taking these medications.

You may take a sedative the night before surgery if you wish. Try to be as calm and relaxed as you can the day of surgery.