

Uday Devgan, MD, FACS, FRCS

www.DevganEye.com, Office tel 1-800-337-1969

PRE-OP Instructions BEFORE your Lens or Cataract Surgery

Patient Name: _____ Date of Surgery: _____

Eye to be operated: RIGHT // LEFT (circle one) Time of Surgery: _____

Location of Surgery: Specialty Surgery Center
9001 Wilshire Blvd, Suite 100 (Ground Floor), Beverly Hills, CA 90211

Phone 310-275-2339, Parking Garage on the corner of Almont and Wilshire

Congratulations on choosing Cataract Surgery with Dr Devgan. The pre-operative care of your eye is very straightforward, but very important for proper healing and optimum vision.

Two Weeks Prior to Surgery:

- If you have no significant health problems, Dr Devgan will complete the required History & Physical forms for you prior to surgery. There is no charge for this. If you can climb a flight of stairs, then you are likely healthy enough to qualify.
- If you have significant health problems and you are under the close care of an internist, please make an appointment to see your internist / primary care doctor at least one week in advance of your surgery. Your doctor will complete the History & Physical form that will be provided to you. If your primary care doctor does not clear you for surgery, we will be unable to proceed.
- To save you time, money, and energy, there are no longer any required prescription eye drops to purchase from your pharmacy. And no need to fuss with insurance medicine authorization forms.
- Our practice has already purchased the eye drops for you. We will provide one bottle per eye surgery, which should be enough for the entire course of treatment, at no cost to you. If your bottle is lost, there is a nominal fee for replacement. This is a special formulation of three medications (prednisolone, moxifloxacin, and bromfenac) in one convenient bottle.

A few Days Before Surgery:

- Please arrange transportation / a ride to the surgery center on the day of surgery as you will not be able to drive on that day. If you plan on using Uber or a car service, be sure to still bring a friend or family member with you so that you are not traveling alone.



- Start the eye drops in the eye that is to be operated **the day before your surgery** (you don't need to put the drops in both eyes, just the eye that is having surgery). If your surgery is scheduled for Monday, then you will use the drops starting on Sunday morning.
- Use one drop of this medication three times per day: morning, afternoon, and night. **Shake the eye drop bottle well before each use.** Only one drop per dose. Store at room temperature; do not refrigerate. The bottle is oversized and may only seem half-full – this is normal and it makes squeezing and dosing easier.

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11600 Wilshire Blvd., Suite 200, Los Angeles, CA 90025
Telephone: 1-800-337-1969

The Day of Surgery:

- Please do NOT eat or drink anything for at least 8 hours prior to your scheduled surgery.
- Yes, you can take your regularly scheduled medications as instructed by your primary care doctor with a small sip of water. Please bring a list of all of your medications with you to the surgery center on the day of surgery. Alternatively, bring all the medication bottles.
- Please do NOT wear any eye make-up, facial lotions, or perfume on the day of surgery.
- You must bring a friend or relative with you on the day of surgery. You may take a taxi or Uber to the surgery center, but you must be picked up by a friend or relative.
- Total time at the surgery center will be about 2 hours from arrival to departure.**
- What to expect:
 - After completing some paperwork, the nurses will place an IV in your arm and instill some eye drops dilate your pupils. This preparation may take an hour or more.
 - You will be wearing your normal street clothes (not those terrible hospital gowns)
 - Once you are brought into the operating room, Dr. Devgan will personally greet you as the anesthesiologist administers a sedative in your IV. Your eye will be fully numbed.
- What you will feel/see:
 - You will feel some light pressure, some cool water, and perhaps Dr. Devgan's hands resting against your cheek. Rest assured that the vast majority of patients feel zero pain.
 - You will NOT see the surgery being performed. Rather, you will just see some bright lights, colors, and shadows. You do not have to worry about blinking during surgery.
 - You will be in a state of twilight and will not even realize the surgery is happening. When I tell patients that surgery is over, most of them remark that they didn't even realize that the surgery had started. It is fine if you cough or sneeze during surgery, just let me know.
 - The surgery will be quick, approximately 5 to 10 minutes. After the surgery the eye will slowly wake up and recover vision over the course of a few hours to a few days.
 - In the Recovery Room, the nurses will check your blood pressure, give you some juice to drink, explain the post-op instructions, and then send you home. This takes 30-60 minutes.

Right After the Surgery:

- Taking a nap when you return home is a good idea, as the IV sedative from the surgery may leave you feeling a little sleepy. Taking a nap will let the body focus its energy on healing the eye.
- You may resume your normal diet and your normal medication schedule.
- If you have any aching, you may take Tylenol, Advil, Motrin, or the medication of your choice.
- For the day of the surgery, please TAKE IT EASY. Relax, enjoy the time off, spend time with friends and family. No working, no cooking, no cleaning, no heavy lifting, no straining, etc.
- At home you may watch TV, go for a walk, and resume most normal activities. Do not plan on working, spending hours on the internet, or reading your new paperback book or Kindle.
- For the evening right after surgery, I recommend that you enjoy a nice dinner that someone else has cooked with family or friends. A glass of wine is fine but make someone else drive.

Your post-op visit is scheduled for the day after your surgery at: _____
at 11600 Wilshire Blvd, Suite 200, Los Angeles, CA 90025, telephone 1-800-337-1969