



## Preparing for Cataract Surgery

### Introduction:

Cataract surgery is a common and safe procedure performed to remove the cloudy lens in your eye and replace it with a clear artificial lens. This surgery can significantly improve your vision and quality of life. To ensure the best possible outcome, it's important to prepare for the surgery and follow your doctor's instructions carefully. Here's what you need to know:

### Before Surgery:

- **Medical Evaluation:** Dr Kini will conduct a thorough eye examination to assess the health of your eyes and determine the best course of action for your cataract surgery.
- **Discussion of Options:** Dr Kini will discuss the type of intraocular lens (IOL) that will be implanted during surgery and address any concerns or questions you may have about potential risks with the operation.
- **Medication Review:** Inform Dr Kini about any medications you are currently taking, including over-the-counter drugs and supplements. Some medications may need to be adjusted or discontinued before surgery.
- **Preoperative Instructions:** Follow any preoperative instructions provided by the hospital, such as fasting before surgery and stopping certain medications.
- **Arrange Transportation:** Since you will not be able to drive immediately after surgery, arrange for someone to drive you home from the hospital or surgery center.

### Day of Surgery:

- **Arrival Time:** Arrive at the hospital or surgery center at the scheduled time. The surgery typically takes less than 20 minutes, but plan to spend a few hours at the facility for preoperative preparations and postoperative monitoring.

- **Comfortable Clothing:** Wear comfortable, loose-fitting clothing on the day of surgery.
- **Avoid Eating and Drinking:** Follow your surgeon's instructions regarding fasting before surgery. Typically, you will be asked not to eat or drink anything for a few hours before the procedure.
- **Eye Drops:** Dr Kini will prescribe eye drops for use after surgery. Follow the instructions for administering these drops carefully.

#### **After Surgery:**

- **Rest and Recovery:** Plan to rest at home for the remainder of the day after surgery. Avoid strenuous activities and heavy lifting.
- **Eye Protection:** Dr Kini may recommend wearing an eye shield or glasses to protect your eye as it heals. Follow these recommendations to prevent injury.
- **Medication:** Use any prescribed eye drops or medications as directed by Dr Kini to prevent infection and promote healing.
- **Follow-up Appointments:** Attend all scheduled follow-up appointments with Dr Kini to monitor your progress and ensure proper healing.
- **Contact Dr Kini:** If you experience severe pain, sudden vision changes, or any other concerning symptoms after surgery, contact your surgeon immediately.

#### **Conclusion:**

Cataract surgery is a safe and effective procedure that can significantly improve your vision and quality of life. By following these pre- and postoperative instructions and communicating closely with Dr Kini, you can help ensure a successful outcome and a speedy recovery. If you have any questions or concerns about your upcoming surgery, don't hesitate to reach out to your healthcare provider for guidance and support.