



## **Cataract Surgery – From Start to Finish**

We at the Boston Eye Group know what a cataract consultation can often be a long and confusing process for many patients. In order to simplify this process we have outlined all the steps that you will take up to and through your surgery day.

### **Medical Evaluation**

A complete medical evaluation to clear you for surgery must be performed by your primary care physician no more than 30 days prior to your surgery. You will need to schedule this appointment so that it is convenient for you.

### **3 days Prior to Surgery**

You will start your eye drop regimen for the eye that is being operated on 3 days prior to your surgery. Remember to wait 5 minutes between each medication when applying your eye drops. Make sure to fill your prescriptions for the eye drops before your actual surgery date.

### **Anesthesia**

Local anesthesia will be instilled into the eye and an IV will be used to provide you with a mild sedative by the anesthesiologist during the surgery.

### **Arrival Time**

You will receive a phone call 2-3 business days prior to surgery giving you your arrival time. Do not eat or drink after midnight the night before or morning of your surgery unless otherwise instructed by the surgeon.

### **Day of Surgery**

You must have a driver unless transportation is being provided for you by the surgery center. If you are utilizing the surgery center's transportation you must be accompanied by a responsible adult. Wear comfortable clothing, do not wear any make up and arrive at the surgery center at the designated time. Do not have anything to eat or drink prior to surgery. Remember to bring your insurance cards and a photo ID to your surgery. Please leave anything of value at home.



## **What to Expect After Cataract Surgery**

Although surgical instruments and procedures have become increasingly sophisticated, resulting in little or no discomfort after surgery, you must remember that you have had an operation. Recovery takes time, usually a few days to a few weeks and this is determined by your body's natural healing process. If you experience severe pain or vomiting you must call the emergency number listed on your instruction sheet immediately.

## **Day-1 After Surgery**

You will return to the office for your postoperative visit. The appointment time will be listed on the postoperative care instructions that will be given to you designated driver. During the visit the doctor will evaluate how well you are healing and revise your eye drop medication schedule if necessary.

## **Follow up Office Visit Schedule**

The follow up care period is for the 90 days following your surgery. During this period you will be seen at increments determined by your doctor based upon the rate at which you naturally heal. If you were referred to our office, the doctor will release you to your primary care doctor or optometrist for your postoperative care as soon as all of your needs have been met and they are comfortable releasing you.

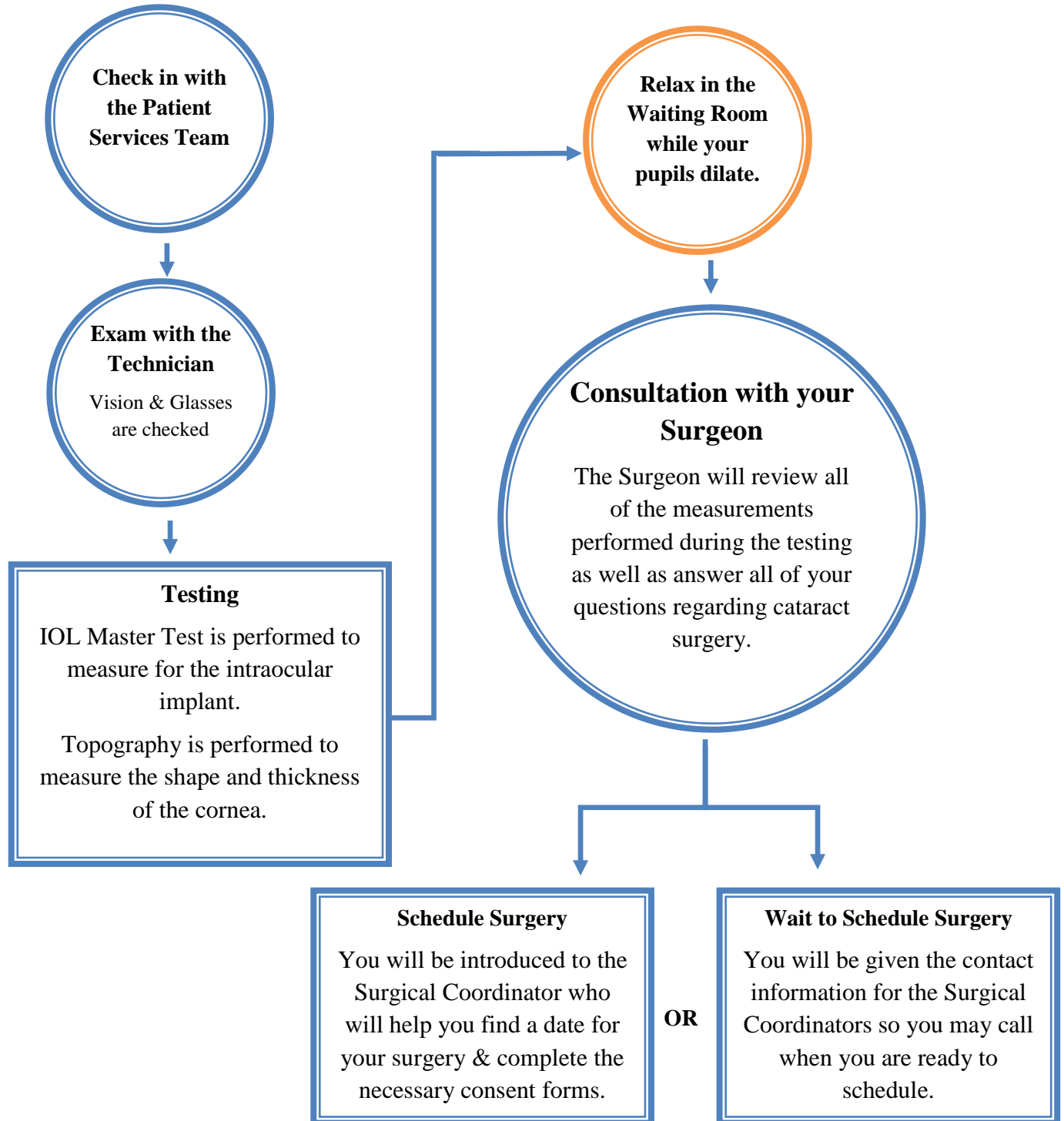
## **Glasses After Surgery – See Harry Caplan's Biography**

Typically you are entitled to 1 free pair of glasses if you have Medicare. Please see Harry, our optician, as soon as your surgery is scheduled to make sure that you do not miss out on any of you benefits. Some benefits expire after a certain period of time following the surgery. The doctor will let you know when it is time to order new glasses if you need any. This is done once they feel your prescription is stable.



Please Plan to be  
in the office for  
approximately  
2 hours.

**Your Path to Better Vision:  
A Visual Guide to your Cataract Evaluation**





**BOSTON  
EYE  
GROUP**  
SAM MELKI MD PhD  
FOUNDER



## OK to do after cataract surgery



• **Cooking**



• **Stretching**



• **Shopping**



• **Showering**



• **Gardening  
or bending**



## NOT OK to do for at least 4 weeks after surgery



• **Using hot tubs, saunas,  
or swimming**



• **Playing sports**






• **Lifting weights  
(above 10 lbs) or  
exerting yourself**



## **PRE SURGERY EYE DROP REGIMEN**

Please use the following drops in your surgical eye. If you need to take more than one drop at the same time, please wait *five minutes* between drops.

Start these drops **3 days prior to surgery**, beginning \_\_\_\_\_ and continue until your surgeon tells you otherwise.

<p><b>Pred Forte</b> (prednisolone acetate 1%)</p>  <p><b>4 Times a Day</b> Breakfast Lunch Dinner Bedtime</p>	<p><b>Ciloxan</b> (Ciprofloxacin 0.3%)</p>  <p><b>4 Times a Day</b> Breakfast Lunch Dinner Bedtime</p>	<p><b>Ketorolac</b> (ketorolac 0.4%)</p>  <p><b>4 Times a Day</b> Breakfast Lunch Dinner Bedtime</p>
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**DO NOT USE ANY EYE DROPS THE MORNING OF YOUR SURGERY \***

### **FOR GLAUCOMA PATIENTS ONLY**

Continue your Glaucoma drops, but stop the Xalatan, Travatan, or Lumigan one week before surgery in the surgical eye only.

You may resume the drops when your doctor approves it.



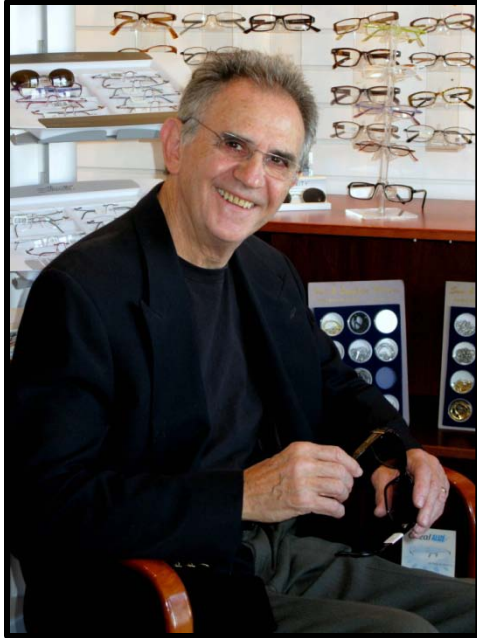
## **POST SURGERY EYE DROP REGIMEN**

*\*Pred Forte/Ocuflox/Ketorolac use these drops as directed*



<b>Eye Drops</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>
<b>Pred Forte</b> (prednisolone acetate 1%)	4 TIMES A DAY	4 TIMES A DAY	2 TIMES A DAY	2 TIMES A DAY	<b>STOP</b>
<b>Ciloxan</b> (Ciprofloxacin 0.3%)	4 TIMES A DAY	4 TIMES A DAY	<b>STOP</b>	<b>STOP</b>	<b>STOP</b>
<b>Ketorolac</b> (ketorolac 0.4%)	4 TIMES A DAY	4 TIMES A DAY	2 TIMES A DAY	2 TIMES A DAY	<b>STOP</b>

**\*\*Remember to wear your eye shield for ONE WEEK after the surgery while sleeping.**



Harry Caplan has been in the optical business for over 50 years, becoming a licensed optician in 1961. By 1972, he had opened his first optical shop “Opticus” in Kenmore Square. Within the next year, the success of “Opticus” encouraged Harry to open a second location in Government Center. With the advancements of technology today, making glasses has become seamless. However, when “Opticus” was founded, lack of computing technology required opticians to hand craft

all of their glasses. While now, Harry uses state of the art technology to sculpt his lenses, the years spent handcrafting each pair of glasses has provided Harry the expertise that is unfounded today in the optical profession.

Harry owned both shops until 1998, providing glasses for patients from all over the world, some of his distinguished customers include Golda Meir (Prime Minister of Israel), His Highness The Aga Khan of India, Senator John Kerry, Aerosmith’s Steven Tyler, and Hall of Famer Peter Gammons. After closing his shop, Harry opened an optical dispensary in the office of Dr. Joel Kraut, and has spent the last 9 years with The Boston Eye Group. In his free time, Harry enjoys karate, skiing, and spending time with his beloved family.