

Cataract surgery is one of the most common and safest procedures in the USA. Please arrange for someone to drive and stay with you at the facility/hospital during your **3 to 4 hour long stay** or contact us for help.

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### Expectations of Cataract Surgery

- Typically visual recovery is rapid, but blurriness may occur for a few hours or days.
- A mild scratchy sensation is common, but is usually controlled within a few days by PROLENSA or Tylenol.
- If you have headaches, eye pain or pressure, call the office. Execute all instructions given by staff.
- If you require eye glasses, it is necessary to allow your eye to fully heal before acquiring a new prescription.

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### Medications

To prevent infection, an iodine based solution and antibiotics will be utilized during your cataract surgery. Additionally, purchase PROLENSA, an anti-inflammatory eye drop to improve dilation of the pupil, reduce discomfort, and decrease the risk of retina swelling. **Please buy 1 bottle of PROLENSA for each eye. If your pharmacy has not received your prescription, then call your Clemson Eye local office.** If cost is an issue, then do inform us, so we may help.

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### 3 Days before the Procedure

- **Avenova:** One (1) spritz per eye, rub in with finger, twice daily.
- **Eye Drop:** Insert one drop of PROLENSA per day into the operative eye.

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### Night before the Procedure

- Do not eat or drink after midnight. For afternoon procedures, light food **6 hours before** is permissible.

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### Day of the Procedure

- Insert one drop of PROLENSA in the operative eye in the morning and take your regular medications with a sip of water.
- **Diabetics Only: No Oral Diabetic Medications. If you use insulin, take one-half your morning dosage before coming to the surgery center; bring the other half of your insulin dosage with you to the facility.**
- Bring your cataract canvas bag, information packet and eye drops with you.

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### Eye Care & Activities after Cataract Surgery

- **When you get home**, remove your eye shield and save it for later use.
- **Discontinue the Eye Lid Scrubs** after your procedure. **For the first 2 days**, no heavy work, exercise, or lifting. Do not get water in your eye when washing.
- **For the first week**, at bedtime, or nap time tape the provided eye shield over your eye.
- **Light activities** are acceptable. You may return to your normal activity level 7 days post-surgery.
- **Driving.** You may resume driving after your cataract procedure and upon your doctor's instructions.

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### Medications and Nutrition after Cataract Surgery

- **Continue inserting one drop of PROLENSA per day into the operative eye until the bottle is empty**, roughly one month, and use any other medications as prescribed by your eye surgeon.
- If needed, you may use artificial tears (Systane/Optive **preservative-free**, available OTC) 4x/day.
- **Continue all your usual medications** without interruption following your cataract procedure.
- **Resume your usual diet.**

# Appointments for Your Cataract Procedure

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It is important that you attend all appointments as scheduled to achieve the best results from your eye surgery. Piedmont Surgery Center (PSC) will call you one-business-day before your procedure to advise you of your procedure time. If you have not received your surgery time by 2 pm, then please call PSC at 864-272-3409. Again, expect approximately a 3 to 4 hour-long-stay for your procedure. We will see you a few times after your procedure to ensure you are healing and successfully using the medications.

## First Eye [ Left / Right ]

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Procedure date: \_\_\_\_\_ time: TBA prior day facility: \_\_\_\_\_ PSC

Appointment: \_\_\_\_\_ time: \_\_\_\_\_ facility: \_\_\_\_\_

Appointment: \_\_\_\_\_ time: \_\_\_\_\_ facility: \_\_\_\_\_

## Second Eye [ Left / Right ]

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Procedure date: \_\_\_\_\_ time: TBA prior day facility: \_\_\_\_\_ PSC

Appointment: \_\_\_\_\_ time: \_\_\_\_\_ facility: \_\_\_\_\_

Appointment: \_\_\_\_\_ time: \_\_\_\_\_ facility: \_\_\_\_\_

## Contact Information

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Please call your local office with any questions. **After hours**, follow the instructions and leave a message and your call will be returned promptly by **our doctor on call**. If you are not contacted, then call or go directly to the emergency department.

**Anderson**  
2011 E Greenville St  
Anderson, SC 29621  
Phone: 864-622-5000  
Fax: 864-622-5020

**Clemson**  
931 Tiger Blvd  
Clemson, SC 29631  
Phone: 864-654-6706  
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**Easley**  
15 Southern Center Court  
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