



Cataract Surgery Handbook

"It's a beautiful day! Let us help you see it."

Welcome!

Thank you for placing yourself in the skilled and caring hands of Mark Goulas, MD and his team.

We want you to know what to expect before, during and after your cataract surgery and have provided this booklet to help you prepare. You will need to refer to this information, so please keep it close at hand.

| | |
|---|---|
| Your A-Scan appointment is scheduled for: \$40.00 surgical kit | |
| Date: Goulas eye | Time: |
| <i>Remove contact lenses on:</i> | |
| Your procedures are scheduled to take place on: | |
| Right Eye: Hilton Head/ Okatie | Left Eye: Hilton Head/ Okatie |
| Your first post-operative appointments are scheduled on: | |
| Right Eye: Goulas eye | Left Eye: Goulas eye |
| Your Surgery Location: Outpatient Surgery Center of Hilton Head 190 Pembroke Drive Hilton Head Island, SC 843-682-5050 | Okatie Outpatient Surgery Center 40 Okatie Center Blvd, Suite 125 Okatie, SC 843-705-8804 |

Important Phone Numbers:

Call Dr. Goulas's office at (843) 815-5454 if you need to:

- Speak with our surgery coordinator
- Report significant changes in your vision or health before your procedure
- Reschedule your procedure
- Ask questions or report problems after your procedure

Preparing for Cataract Surgery

When to stop wearing contact lenses:

- | | |
|-----------------------------------|------------------------|
| • “Soft” contacts | 1-2 week before A-Scan |
| • “Soft” contacts for astigmatism | 2 weeks before A-Scan |
| • “Hard” contacts | 4 weeks before A-Scan |

- **Fill the prescriptions given to you and bring them with you on the day of the procedure.**
- You will NOT be allowed to drive for 12 hours after your procedure, so you need to arrange for a ride home afterward.
- Adjust your schedule to allow for one day to recuperate from your cataract surgery.

On the day of your procedure, BEFORE you leave home:

- **DO NOT EAT OR DRINK ANYTHING after midnight the day of surgery!**
- Take all of your normal medicines the morning of surgery with a SIP of water.
- Wash your face with antibacterial soap, paying attention to cleansing any crust from the eyelashes.
- Do not wear makeup, perfume, cologne, hair spray or hair gel.
- Leave all jewelry at home.
- Wear loose and comfortable clothing and shoes.
- Expect to be at Surgery Center for approximately two hours.
- Bring your medical insurance cards with you.
- Make sure an adult driver is available to take you home following the surgery, and will be available for the next 24 hours.

On the day of your procedure:

- We will ask you to review and sign your consent form.
- Follow our team's instructions as they prepare your eye for surgery.

Before the procedure begins:

- You will be positioned on a stable, comfortable bed in the surgical suite.
- Your eye and the skin around it will be cleaned.
- Your eye will be positioned under a microscope.
- An instrument will hold your eye open to prevent you from blinking.

BRING THESE ITEMS WITH YOU TO SURGERY:

- Your prescription eye drops (*If prescribed)
- This booklet
- A driver

During your cataract surgery:

- We usually use eye drops to numb the eye.
- You may feel mild pressure, but should not experience any pain or discomfort.
- If you feel any nausea, discomfort, or pain be sure to let us know so we can make you more comfortable
- Try to hold perfectly still—the procedure is very delicate! If you must move or cough, please try to warn us first.

Following the procedure:

- You will be moved to the recovery area.
- We will review how to care for your eye after surgery

The Healing Process

When you arrive home:

- **(*If prescribed)Use the eye drops according to the schedule below, regardless of how your eyes feel or how well you can see. Some of the drops will burn or sting, that is normal.**
- **YOUR VISION WILL BE VERY BLURRY RIGHT AFTER THE SURGERY. IT CAN TAKE UP TO 1 WEEK FOR YOUR VISION TO BECOME CLEAR. This is completely normal.**
- **YOU WILL HAVE MILD DISCOMFORT/Scratchiness IN YOUR EYE FOR SEVERAL DAYS. It will feel like there is an eyelash in your eye. This is due to the incision and will last for up to several weeks. This is normal and expected.**
- Take Tylenol or ibuprofen (Advil) as needed for a headache or eye discomfort. If your eye still hurts after one hour, call us.
- Sleep in the protective shield you were given for 3-4 nights following the procedure, to prevent you from inadvertently rubbing your eyes during sleep.
- Do not take a shower until after your 1-day follow-up appointment. After that, you may take a shower, but avoid getting water in your eyes for 72 hours.
- Do not rub your eyes for 1 month.

As your eyes heal:

- Your vision may be slightly blurred for up to 4 weeks following surgery.
- Your eye may be slightly red, or have a red spot. This is normal, and should gradually improve over the first few days.
- **You will be given a final glasses prescription 3 to 4 weeks after the cataract surgery.**

Call our office immediately if you experience any of these symptoms after your surgery:

- Decreasing or loss of vision.
- Increasing pain not relieved by Tylenol
- Increasing redness or new floaters in the eye

Please be sure to keep your follow-up appointments for:

- 1 day
- 1 week
- 1 month

General Post-Operative Instructions

Properly caring for your eye after your procedure is important in the healing process, so keep the following instructions in mind.

| | DO THIS... | AVOID THIS... |
|---|--|--|
| For the first week following the procedure: | <ul style="list-style-type: none"> • Wear the eye shield while sleeping for the first week. • Use your eye drops according to the schedule <i>*(If prescribed)</i> • Keep all your appointments • Shower or bathe as usual, but do not run water in the eye. • Call the office if you are having any problems | <ul style="list-style-type: none"> • Rubbing your eyes and any unnecessary hand-to-eye contact. • Getting shampoo or water in your eye • Getting sweat in your eye • Engaging in strenuous activity • Playing contact sports • Lifting anything weighing more than 20 pounds |
| Later on: | <ul style="list-style-type: none"> • Keep your follow-up appointment in 1 week and 1 month. | <ul style="list-style-type: none"> • Avoid swimming or hot tub for 2 weeks. • Avoid wearing eye makeup for 2 weeks |

Your Eye drop Schedule (See attached drop sheet for an easy to follow chart)

Vigamox (tan cap):

- Use 3 times daily for 1 week, then stop.

Durezol (white or pink cap):

- Use 4 times daily for 1 week, then we will slowly taper off the medication.

Prolensa (Grey cap)

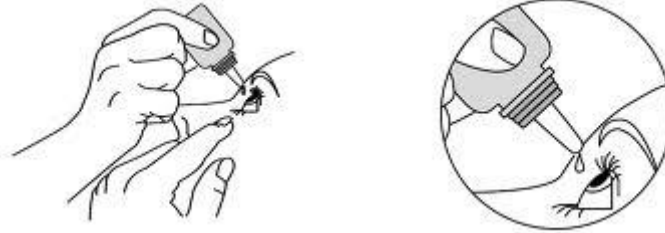
Use 1 time daily for 2 weeks, then stop.

****If Eye drops are prescribed***

**For Our Patients Who Are prescribed Eye Drops*

How to use eye drops:

- **Try to get on a schedule (breakfast, lunch, dinner, and bedtime) so you don't forget.**
- **Keep the eye closed for one to two minutes after the drop goes in.**
- **Wait about 5 minutes in between eye drops. The order of the drops doesn't matter.**



General Tips:

- **It is OK to remove your eye-shield to administer eye-drops.**
- **Always bring your drops to your appointments with you**
- **Medicine will remain in the bottle after the first surgery, save it for use in the second eye. There should be enough medication in the bottle for both eyes.**
- **If you run out of medicine, call the pharmacy for a refill (not the office or surgery center).**
- **If you use OTHER prescription eye drops, continue to use them unless directed otherwise.**

We Are Here for You

We want you to know that we are always available to you. Call anytime if you have even the slightest concern. Our goal is to support you through the healing process.

Our office is open from 8:00 a.m. to 5:00 p.m., Monday through Friday. After hours, Dr. Goulas can be reached by his personal cell phone for emergencies.

- Office number: 843-815-5454
- In an emergency, Dr. Goulas can be contacted on his cell phone at 843-415-3937



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A letter from Dr. Goulas regarding cataracts

Being diagnosed with cataracts can be an anxiety inducing experience. However, I would like to take a few moments to discuss cataracts and the way they are treated so that you are well informed about the process. A better understanding helps patients put their anxiety to rest as they become more excited about the opportunity to improve their vision and lifestyle.

What is a cataract?

There are many misconceptions about cataracts. Many people mistakenly think a cataract is a tumor or growth inside the eye that occurs in the elderly. Actually, a cataract is the name we give to the lens of the eye once it has turned cloudy. We are all born with a lens, and in the majority of people, the lens is crystal clear until about their 50's or 60's. Then, the lens starts undergoing an accelerated aging process. During this time, the lens changes color from clear, to yellow, to brown. Opacities form within the lens, and the lens increases in size. All of these changes cause gradual loss of vision.

Here is a list of common problems cataracts cause:

- Seeing at night to drive
- Reading small print
- Reading traffic or street signs
- Doing fine handwork like sewing
- Watching television
- Poor night vision
- Seeing rings or halos around lights
- Glare from oncoming headlights
- Hazy and/or blurry vision
- Poor vision in dim light
- Poor color vision
- Double vision

If a cataract is mild, a new glasses prescription will commonly alleviate the problem. However, once the clarity of the lens is lost, new glasses will not be effective. It is at this point that surgical correction is the only option to regain clear vision. Cataract surgery is one of the most commonly performed surgeries in the United States, as well as being one of the safest. It is almost always done in an outpatient setting, meaning you go home after surgery without staying the night in the hospital. You will need to arrive at the hospital at least one hour prior to your scheduled surgery time, in order to get registered and prepared for surgery. You will have an IV placed, and a number of eye drops will be given to dilate the pupil and numb the eye. Once it is time for surgery, you will be given some medicine to relax you and then be taken to the operating room. It is important to know that you will not be put to sleep for your surgery. Your eyelids will be cleansed and drapes will be placed over your face and body to ensure a sterile working environment. Patients who are claustrophobic or having trouble laying flat should let the doctor know so that additional measures can be taken for your comfort.

During the surgery, you will see a bright light from the microscope. It is important that you maintain a steady focus on this light during surgery, as this will help keep your eye still. You may feel some pressure during the surgery, but anything more than that would be uncommon. It is important you let me know if you are uncomfortable so that we can give you more medicine. I do not want this experience to be painful or cause you any undue anxiety. Once the cataract is removed, a new prescription lens will be placed inside your eye. There are many different types of lenses available, and in many cases it is possible to customize the lens choice to fit your desired outcome. The entire surgery takes about 15 minutes to complete.

You will be given a blue bag with typed instructions regarding your postoperative activity restrictions, my contact information, dark glasses, and a plastic shield with tape and prescription eye drops. It is vitally important that you bring this bag and all its contents with you to each of your postoperative visits. You will also be expected to show up for exams at one day, one week, one month, and six months postoperatively. We never can predict the final visual outcome on the day after surgery. The eye needs some time to heal in order to regain full visual function. However, most patients see well enough to drive a car without glasses by one week after surgery. The final result is judged at the one month exam. It will be at this time that a new glasses prescription will be given if desired.

I look forward to being able to help restore your vision. In my opinion, cataract surgery is a modern day miracle and I feel blessed to be able to provide this service to my patients. I want each patient to know that I value their questions and concerns. If this letter has not answered your questions, or if it has brought new questions to mind, please contact me before your surgery so that you can have peace of mind before your procedure.

Sincerely,

Mark Goulas, MD
Goulas Eye

“It’s a beautiful day! Let us help you see it.”