



TAMPA BAY EYE AND FACIAL AESTHETICS INSTRUCTIONS BEFORE SURGERY

Your Eye Surgeon: Dr. Sara Creekmore, DO

One of our Surgical Coordinators will call you the day before your surgery with your arrival time. If using our **Transportation from the ASC**, one of our Drivers will call you the day before with your pick-up time.

MEALS:

A.M. Surgery: DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.

P.M. Surgery: (*Surgery 12:00/noon or after*) You may eat one (1) piece of toast with jam/jelly and have a cup of coffee/tea. Sugar is permitted, but **NO MILK or any DAIRY** products. ***This must be eaten prior to 7:00 a.m.***

CATARACT SURGERY

- Continue **Aspirin** and **Coumadin** unless otherwise instructed **by your** doctor. See list of other Blood **Thinners** to be **STOPPED** prior to your **surgery, with prior approval from prescribing** doctor. Have **attached** prescription **filled**, and **use** as instructed, begin **two (2) days prior to surgery**.

***PT/INR BLOOD TEST MUST BE 2.5 OR LOWER, WITHIN 7 DAYS OF SURGERY (COUMADIN / WARFARIN PATIENTS)**

MEDICATIONS: Day of Surgery, take your heart medications, blood pressure medications, with a small amount of water. **DO NOT TAKE DIURETICS or WATER PILLS.** If you use an inhaler, bring it with you.

- Wear comfortable clothing, short sleeve loose fitting, preferably button down shirt/blouse. **NO** girdles, undershirts, dresses or skirts. Wear your dentures, hearing aids, glasses. **NO** Contact Lenses. **NO** jewelry. **LEAVE VALUABLES AT HOME. NO**

- flip flop sandals.
- Shower / Bathe, wash your hair before surgery. **NO** make-up, perfume or fragrances.
 - If you **DO NOT** feel well, have a respiratory infection, cold or acute illness, please notify us right away.
 - A **RESPONSIBLE ADULT MUST** accompany you to the surgery center and be available to receive instructions with you for your care, drive you home and assist you at night.

TRANSPORTATION:

- Make arrangements to the surgery center. **DRIVING IS NOT PERMITTED FOR 24 HOURS AFTER SURGERY.** Cataract patients will need transportation for their next day post-op visit.

If you have any questions, please feel free to contact your Surgical Coordinator at 813-550-2020.

**TAMPA BAY EYE AND FACIAL AESTHETICS
POST-OPERATIVE INSTRUCTIONS: CATARACT &
SECONDARY IOL**

ACTIVITY:

Normal activities **such** as bathing, hair care, bicycle riding and unlimited walking are permissible. Do not do any heavy lifting, swimming, golfing, bowling, tennis or other **strenuous** activities for five (5) days after **your surgery**.

EYE PROTECTION:

Do not rub or bump your eye. During the day, **please** wear your regular glasses and while outside wear sunglasses. Before going to bed, the protective eye shield should **be** taped securely to your face **so** that it covers the eye, but does not press on the eye or eyelid. This must be done for five (5) nights after **your surgery**.

Call us at 813-550-2020 immediately if:

1. You experience a sudden loss of vision.
2. Your vision becomes **worse**. Check your vision daily. It may be blurry, but should improve each day. (Some people experience red or **pink vision after surgery - this is** completely normal and there is **no** cause for **alarm**).

3. Your eye becomes very painful or red..

POST-OP CHECK-UP: You will be scheduled for a 1 day, 1 week, and 1 month post-operative care visit following each eye's cataract surgery

Please note: You may have a foreign body sensation - this is where the incision was made. Your eye may be light sensitive and may water for several weeks. You may take EXTRA STRENGTH TYLENOL for pain.

Resume all **your** regular medications. Blood thinners should be resumed two **(2)** days after **your** surgery, unless otherwise instructed by your primary physician. Please call if *you* have any questions.