Instructions BEFORE Cataract Surgery

Your Surgery is at the Surgery Center of Southern Illinois:
Located at: 806 N. Treas, Marion, Ill. • 618-993-2113

The surgery center will call you prior to your surgery and will give you specific instructions as well as an appointment time for your surgery.

✔ You must bring all 3 eye drops with you into the surgery center on the day of surgery (see below).

✔ You must bring the signed Cataract Consent Form to the surgery center.
Two consents are located in the back of this packet (one for surgery on each eye).

Before Surgery:
◆ In this packet is a prescription for 3 eye drops (found after page 7). You will need to fill this prescription at least 2 days prior to surgery.

The prescription is written for Dr. Parker’s preferred list of eye drops for cataract surgery. Program Savings Cards for two of the drops, Illevo and Durezol, are included in this packet in the instance your insurance does not cover the cost of these branded drops.

If you are unable to fill the preferred drops, the pharmacy will call our office to authorize generic drops. The surgery center will give you revised drop instructions for the generic drops at the time of surgery.

➤ Instructions continued on back...
Instructions BEFORE Cataract Surgery

Your Surgery is at the Doctor’s Park Surgery Center:

Located at: 30 Doctor’s Park, Cape Girardeau, Mo. • 573-334-9606

The surgery center will call you prior to your surgery and will give you specific instructions as well as an appointment time for your surgery.

✔ You must bring all 3 eye drops with you into the surgery center on the day of surgery (see below).

✔ You must bring the signed Cataract Consent Form to the surgery center.

Two consents are located in the back of this packet (one for surgery on each eye).

Doctor’s Park Surgery Center

• Located at 30 Doctor’s Park
• Take Entrance C into Doctor’s Park off of Mount Auburn Rd. and continue to the stop sign.
• Make a right turn at the stop sign and proceed to the second driveway on the left.

Before Surgery:

◆ In this packet is a prescription for 3 eye drops (found after page 7). You will need to fill this prescription at least 2 days prior to surgery.

The prescription is written for Dr. Parker’s preferred list of eye drops for cataract surgery. Program Savings Cards for two of the drops, Ilevro and Durezol, are included in this packet in the instance your insurance does not cover the cost of these branded drops.

If you are unable to fill the preferred drops, the pharmacy will call our office to authorize generic drops. The surgery center will give you revised drop instructions for the generic drops at the time of surgery.

➤ Instructions continued on back...
**Instructions BEFORE Cataract Surgery p.2**

**Before Surgery (Continued):**

<table>
<thead>
<tr>
<th>PREFERRED PRESCRIPTIONS:</th>
<th>GENERIC PRESCRIPTIONS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Gatifloxacin (antibiotic)</td>
<td>1. Gatifloxacin (antibiotic)</td>
</tr>
<tr>
<td>2. Ilevro (nonsteroidal)</td>
<td>2. Ketorolac (nonsteroidal)</td>
</tr>
</tbody>
</table>

Whether preferred or generic, the prescription will have 1 refill for each drop so you can have a second bottle filled for cataract surgery on your other eye.

**2 days prior to surgery** begin the antibiotic and nonsteroidal drops:

1. Gatifloxacin (antibiotic): 1 drop, 4 times a day in the eye to have surgery.
2. Ilevro (preferred nonsteroidal): 1 drop, 1 time a day in the eye to have surgery.
   OR
2. Ketorolac (generic nonsteroidal): 1 drop, 3 times a day in the eye to have surgery.

Do not eat or drink after midnight before surgery.

When the surgery center calls with the appointment time for your surgery, they may tell you what you can eat or drink that morning if your surgery is late in the day.

**The Morning of Surgery:**

- Take your regular medications with a little sip of water (no coffee, juice, soda, etc.).
  - If you are diabetic, the surgery center will instruct you regarding your diabetic medications for the day of surgery.
  - If you take glaucoma medications, continue to use as directed and be sure NOT to miss any doses.
  - You may resume all your medications the day following surgery.

- Please do not wear any jewelry to the surgery center.
- You will need someone with you to drive you home after surgery.
After Surgery:

◆ It is important to avoid rubbing your eye after surgery.

◆ Your eye may be patched immediately following surgery. If you have an eye shield, you may remove it in 4 hours. Always wear the eye shield while sleeping or napping for 5 days.

◆ You will be given a post-op kit the day of surgery. The doctor or nurse will instruct you on how to use your new drops. **It is important to use your eye drops as instructed and not to miss any doses.**
  - A Dosage Tracking Chart is included on the back of your drop instructions to help track doses.

◆ You may wear your glasses or sunglasses. Your old glasses will not hurt your eye.

◆ An appointment time for the following day for your first post-op visit is on the yellow sheet of this packet.

Activities After Your Surgery:

You are restricted from heavy lifting (over 20 lbs.), bending, or straining for the first week following surgery. Please do not swim for 3 weeks after surgery.

**THE DAY AFTER SURGERY, you may resume these activities:**

- Climbing stairs, taking short walks or trips.
- Watching TV, reading, using the computer, or sewing for short periods of time.
- Showers and shampooing—**Avoid getting soap and water in the eyes - (tilt your head backwards).**
- You may gently wash the lids with a warm wash cloth to remove debris.
- Pick up small objects by bending forward slightly at your knees, keeping your head above your waist.
- Beauty shop appointments.

**ONE WEEK AFTER SURGERY, you may resume these activities:**

- Driving may be possible before 1 week after surgery after a discussion with your doctor.
- Applying eye makeup.
**Instructions AFTER Cataract Surgery p.2**

**Work**

You may return to work in less than 1 week depending on how your eye is healing and what kind of tasks you perform.

**Normal conditions you may experience following cataract surgery:**

- Mild discomfort, soreness or scratchiness.
- Varying degrees of redness.
- Mild light sensitivity (light may seem very bright to both eyes).
- Mild blurring of your vision.
- Drooping of the eyelid.
- Mild discharge (if excessive, call the doctor).
- Flickering of light or a shadow in the peripheral vision.

**You should call the office immediately if you experience any of the following:**

- Sudden or nauseating pain in or around the eye that lasts for several hours and is not relieved by Tylenol or pain that continues to get worse.
- A sudden decrease or clouding of vision or loss of sight.
- Part of your vision missing or a curtain or shade coming over your vision with or without pain.
- Onset of new flashes of light or floaters.
- Bleeding around the eye.

All surgical experiences are different and individual to every patient.

If you have any questions or concerns, contact the office at 573-335-3577 or after hours at 1-800-455-3937.

Dr. Parker can be reached at 573-334-7156 (home)

Stephanie Kasten, RN (Administrator) can be reached at 573-450-2244 (cell)
Preferred Medication Instructions

If using Dr. Parker’s preferred brands of drops (Gatifloxacin, Ilevro, and Durezol), please follow the dosing instructions below. You will find a corresponding chart on the reverse side to help keep track of your dosages for your surgical eye.

*Wait five minutes in between each drop.*

### STARTING 2 DAYS BEFORE SURGERY:

- **Gatifloxacin** four (4) times a day in operated eye (ex. breakfast, lunch, dinner, and bedtime).
- **Ilevro** one (1) time a day in operated eye.

### DAY OF SURGERY:

#### IN THE MORNING BEFORE SURGERY

- **Gatifloxacin** one (1) time in operated eye.
- **Ilevro** one (1) time in operated eye.
- **Durezol** one (1) time in operated eye.

#### AFTER SURGERY

- **Gatifloxacin** three (3) times in operated eye (space them out equally through the day).
- **Ilevro** one (1) time in operated eye.
- **Durezol** one (1) time in operated eye.

### STARTING THE DAY AFTER SURGERY

- **Gatifloxacin** four (4) times a day in operated eye for one (1) week then STOP.
- **Ilevro** one (1) time a day in operated eye for four (4) weeks then STOP.
- **Durezol** two (2) times a day in operated eye for two (2) weeks then STOP.
### Morning of Surgery
Put a drop of Gatifloxacin, Ilevro, and Durezol in the surgical eye before arriving for surgery.

### After Surgery
After you get home from surgery, put a drop of Gatifloxacin in the eye three more times before bedtime (space them out equally). Put one drop of Ilevro and Durezol before bedtime.

Always wait 5 minutes in between each drop.

#### Dosage Tracking for Preferred Drops

##### 1 WEEK

<table>
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<tr>
<th></th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
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##### 4 WEEKS

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##### 2 WEEKS

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<tr>
<td>Ilevro</td>
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<tr>
<td>Durezol</td>
<td>Once before surgery</td>
<td>1 time after surgery</td>
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</table>
**Generic Medication Instructions**

If using generic drops (Gatifloxacin, Ketorolac, and Prednisolone Acetate), please follow the dosing instructions below. You will find a corresponding chart on the reverse side to help keep track of your dosages for your surgical eye.

*Wait five minutes in between each drop.*

**STARTING 2 DAYS BEFORE SURGERY:**

1. **Gatifloxacin** four (4) times a day in operated eye (ex. breakfast, lunch, dinner, and bedtime).
2. **Ketorolac** three (3) times a day in operated eye.

**DAY OF SURGERY:**

**IN THE MORNING BEFORE SURGERY**

1. **Gatifloxacin** one (1) time in operated eye.
2. **Ketorolac** one (1) time in operated eye.
3. **Prednisolone Acetate** (shake well before using) one (1) time in operated eye.

**AFTER SURGERY**

4. **Gatifloxacin** three (3) times in operated eye (space them out equally through the day).
5. **Ketorolac** one (1) time in operated eye.
6. **Prednisolone Acetate** (shake well before using) one (1) time in operated eye.

**STARTING THE DAY AFTER SURGERY**

1. **Gatifloxacin** four (4) times a day in operated eye for 1 week then STOP.
2. **Ketorolac** three (3) times a day in operated eye for four (4) weeks then STOP.
3. **Prednisolone Acetate** (shake well before using)
   
   **NOTE:** You will be tapering off of the Prednisolone Acetate drops over 1 month:
   
   - 1 drop four (4) times a day for one week.
   - Then, 1 drop three (3) times a day for one (1) week.
   - Then, 1 drop two (2) times a day for one (1) week.
   - Then, 1 drop one (1) time a day for one (1) week then STOP.
**Dosage Tracking for Generic Drops**

**Morning of Surgery**
Put a drop of Gatifloxacin, Ketorolac, and Prednisolone Acetate in the surgical eye before arriving for surgery.

**After Surgery**
Once home from surgery, put a drop of Gatifloxacin in the eye three more times before going to bed (spaced out equally). Use one drop of the Ketorolac and Prednisolone Acetate before going to bed.

**Always wait 5 minutes in between each drop.**

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>DAY 1</th>
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<td>Pred. Acetate</td>
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**TAPER OVER 4 WEEKS**
Cataract Consent Form

INFORMED CONSENT FOR CATARACT SURGERY

WHAT IS A CATARACT AND HOW IS IT TREATED?
The lens in the eye can become cloudy and hard, a condition known as a cataract. Cataracts can develop from normal aging, from an eye injury, or if you have taken medications known as steroids. Cataracts may cause blurred vision, dulled vision, sensitivity to light and glare, and/or ghost images. If the cataract changes vision so much that it interferes with your daily life, the cataract may need to be removed. Surgery is the only way to remove a cataract. You can decide not to have the cataract removed. If you don’t have the surgery, your vision loss from the cataract will continue to get worse.

HOW WILL REMOVING THE CATARACT AFFECT MY VISION?
The goal of cataract surgery is to correct the decreased vision that was caused by the cataract. During the surgery, the cataract is removed and a new artificial lens, called an intraocular lens or IOL, is implanted. Cataract surgery will not correct other causes of decreased vision, such as glaucoma, diabetes, or age-related macular degeneration. Most people still need to wear glasses or contact lenses after cataract surgery for either near and/or distance vision and astigmatism.

WHAT TYPES OF IOLs ARE AVAILABLE?
Dr. Parker will help you decide on the type of IOL that will replace your cloudy lens. There are IOLs available to treat nearsightedness (myopia), farsightedness (hyperopia), and astigmatism. IOLs usually provide either near or distance vision: these single focus lenses are called monofocal IOLs. Some newer IOLs can provide for near, intermediate, and distance vision: these multiple focus lenses are called multifocal IOLs. IOLs that treat astigmatism are called toric IOLs. You can also have one eye corrected for near vision, and the other for distance vision, a choice called monovision.

WHAT IS ASTIGMATISM? ARE THERE OTHER TREATMENTS FOR ASTIGMATISM?
Patients with nearsightedness and farsightedness often also have astigmatism. Astigmatism is caused by an irregularly shaped cornea; instead of being round like a basketball, the cornea is shaped like a football. This can make your vision blurry. In addition to toric IOLs, astigmatism can be reduced by glasses, contact lenses, and refractive surgery (LASIK or PRK). There is also a procedure called a limbal relaxing incision (LRI), which can be done at the same time as the cataract operation, or as a separate procedure. A limbal relaxing incision (LRI) is a small cut or incision Dr. Parker makes into your cornea to make its shape rounder. Any attempt at astigmatism reduction could result in over- or under-correction, in which case glasses, contact lenses, or another procedure may be needed.
WHAT ARE THE MAJOR RISKS OF CATARACT SURGERY?

All operations and procedures carry risk and can result in unsuccessful results, complications, or injury, from both known and unknown causes. The major risks of cataract surgery include, but are not limited to: bleeding; infection; injury to parts of the eye and nearby structures from the anesthesia, the operation itself, or pieces of the lens that cannot be removed; high eye pressure; a detached retina; a droopy eyelid. These can lead to decreased vision, pain, or loss of the eye. The major risks of a limbal relaxing incision are similar to those for cataract surgery, but also include double vision, damage to the cornea, scarring, or possibly under- or over-correction could occur.

Depending upon your eye and type of IOL, you may have increased night glare or halos, double vision, ghost images, impaired depth perception, blurry vision, temporal shadow, and trouble driving at night. Dr. Parker may be unable to use the IOL you choose. In addition, the IOL may later need to be repositioned or replaced.

Depending upon the type of anesthesia, other risks are possible, including cardiac and respiratory problems, and, in rare cases, death.

There is no guarantee that cataract surgery or astigmatism reduction will improve your vision. As a result of the surgery and/or anesthesia, it is possible that your vision could be made worse. In some cases, complications may occur weeks, months, or even years later. These and other complications may result in poor vision, total loss of vision, or even loss of the eye in rare situations. You may need additional treatment or surgery to treat these complications.
PATIENT’S ACCEPTANCE OF RISKS

I understand that it is impossible for the doctor to inform me of every possible complication that may occur. By signing below, I agree that my doctor has answered all of my questions, that I have been offered a copy of this consent form, and that I understand and accept the risks, benefits, and alternatives of cataract surgery. My choice of IOL is indicated by the checked option below.

- **Monofocal IOL Option**

  I wish to have cataract surgery with a monofocal IOL on my  
  - Right Eye  
  - Left Eye

  With this option, reading glasses and possibly distance glasses may still be necessary after surgery.

- **Monovision with 2 IOLs Option**

  I wish to have cataract surgery with two different-powered IOLs implanted to achieve monovision. Glasses may still be needed after surgery for sharpest vision.

  - I wish to have my  
    - Right Eye  
    - Left Eye corrected for **distance** vision.

  - I wish to have my  
    - Right Eye  
    - Left Eye corrected for **near** vision.

- **Multifocal IOL Option for Both Distance and Near Correction**

  I wish to have a cataract operation with an AcrySof ReSTOR® multifocal IOL implant on my  
  - Right Eye  
  - Left Eye

- **Toric Monofocal IOL for Astigmatism Correction Option**

  I wish to have a cataract operation with an AcrySof Toric monofocal IOL on my  
  - Right Eye  
  - Left Eye  
  and wear glasses for **near** vision.

________________________________________  ______________________________________
Patient (or person authorized to sign for patient)  Date

________________________________________  ______________________________________
Witness  Date