

# Vision Institute

Premier Surgery Center

PATIENT'S GUIDE TO OUTPATIENT SURGERY

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Thank you for choosing the Vision Institute and Dr. Anderson for your cataract surgery. Dr. Anderson is committed to offering you the highest quality eye care and an excellent visual outcome. The following packet will guide you through the cataract surgery process. If at any time you have questions, please email Justin Wright at [justin@vicolorado.com](mailto:justin@vicolorado.com) or call **719-559-2020 ext 104**.

Your surgery will be performed at the Premier Surgery Center, a state-of-the-art facility that is fully licensed by the State of Colorado, certified by the federal Medicare program, and accredited by The Joint Commission.

Surgery Date:	Right Eye:	Left Eye:
First Follow-Up Date:		
Surgery Location: 3920 North Union Boulevard, Suite 240 Colorado Springs CO 80907		

A nurse will call you two days before to confirm your arrival time and answer any questions you may have.



## PREPARING FOR SURGERY

### **PLEASE FOLLOW THESE INSTRUCTIONS BEFORE SURGERY:**

- **FASTING:** For your safety, please do not eat or drink any liquid 6 hours before surgery arrival.
- **MEDICATIONS:** You may take your regular medications with a sip of water the morning of surgery. Dr. Anderson DOES NOT require that you stop aspirin, warfarin, plavix or other blood thinners for cataract surgery. If you are an insulin dependent diabetic, please talk with your medical doctor about insulin dosage adjustments while fasting.
- **RIDE:** Arrange for a trip home and plan on a friend or family member staying with you after surgery.
- **SUNGLASSES:** Bring a pair of sunglasses with you the day of surgery.
- **MAKEUP:** Please refrain from wearing make-up the morning of surgery.

### **WHEN TO NOTIFY DR. ANDERSON**

If for any reason you cannot keep your scheduled surgery appointment or you experience any changes in your health such as a cough, fever, or a cold, please let Justin Wright know by calling 719-559-2020 ext 104.

## THE DAY OF SURGERY

### **WHEN YOU ARRIVE AT THE SURGERY CENTER**

Please arrive promptly at the time given. After you have registered, one of our nurses will answer any questions you may have and help prepare you for surgery. If you have not previously signed a consent form, you will be asked to do so at this time.

- Please bring your current ID, insurance cards, and medication list.
- Arrange for an interpreter to accompany you if you do not speak either English or Spanish. This person should remain at the center until you are discharged.
- Leave your valuables, including jewelry and watches, at home.

### **ANESTHESIA**

A highly qualified certified registered nurse anesthetist (CRNA) will evaluate you before surgery. The majority of cataract surgery is performed with twilight anesthesia where you are awake but relaxed during operation.

### **RECOVERY**

Immediately following surgery, you will be taken to our fully equipped recovery room where your vitals are closely monitored. The typical length of stay in the recovery room is 20-30 minutes. For your safety and well-being, you must have an adult family member or friend drive you home after surgery. We ask you not to drive for 24 hours as the anesthesia may make you feel sleepy and light-headed for 12-24 hours.

## AT HOME AFTER SURGERY

We suggest that you eat lightly for the first 24 hours after your procedure and follow the instructions below:

- **AVOID TOUCHING OR RUBBING THE EYE.** A clear shield will be placed over the eye after surgery. This can be removed after 4 hours but please wear it when taking a nap or sleeping. It can be permanently removed the morning after surgery.
- **BE ACTIVE AROUND THE HOUSE** but do not do anything more strenuous. Bending is ok but avoid lifting anything more than 15 pounds as it can increase pressure in the eye. You can gradually increase normal activities by the end of the first week.
- **YOU MAY PERFORM LIGHT EXERCISE** (treadmill, etc.) by the end of the first week including skiing, golf, and tennis. Swimming and hot tubs should be avoided for two weeks.
- **YOU MAY CAREFULLY BATHE** but do not get a stream of water directly into the eyes. Avoid eyeliner and mascara for one week; other makeup is ok.
- **RESUME YOUR DIET AND CONTINUE NORMAL MEDICATIONS**
- **DO NOT SQUEEZE YOUR EYELIDS TIGHT.** Artificial tears can be used as needed for eye irritation. change EARS to tears
- **USE YOUR BROMSITE OR PROLENSA ONCE DAILY FOR 3 WEEKS.** If you need a refill, please contact your pharmacy. Most prescriptions are sent to Flatirons Family Pharmacy (303) 827-3480.
- **THERE ARE NO TRAVEL RESTRICTIONS.** You can fly after surgery if needed.
- **RIDE.** We recommend a family member or friend stay with you for 3-4 hours after surgery and to arrange a ride for your first followup appointment the next day.

## SURGERY RECOVERY

Mild irritation, itching, redness, and sensitivity to light are **NORMAL** for the first few days after cataract surgery. These symptoms will improve gradually. It is also normal for your vision to seem blurry. This may take a few days to clear up. Because your pupil will be widely dilated after cataract surgery, you may be light sensitive and notice glares or halos around lights. Once the pupil returns to a standard size (this can take up to 48 hours in blue eyes individuals), these symptoms should resolve. You may also experience an increase in floaters (black or gray specks) or occasional flashes for 1-2 days.

What is **NOT NORMAL** after cataract surgery is severe, constant pain, decrease in vision, or severe redness. Should you experience any of these symptoms call the office directly at 719-559-2020 or Dr. Anderson directly at 303-521-2783.

## EYE DROP INSTRUCTIONS

Dr. Anderson uses one drop called, Bromsite (Prolensa). This prescription will be sent electronically to Flatirons Family Pharmacy (303-827-3480) and mailed to you within 1-2 days. The drop you will receive depends on your insurance, and it should be no more than \$60. Bromsite and Prolensa are both brand names; they have the same instructions, and the drops are equivalent.

### BROMSITE (PROLENSA) INSTRUCTIONS:

**Before Surgery:** Start using one drop **TWO** days before surgery **ONE** time per day.

**Day of Surgery:** Use the drops on the morning of surgery and then for a **second time** at 6 pm after surgery.

**After Surgery:** Use **ONE** drop **ONCE** daily in the morning for **THREE** weeks.



### DRY EYE TREATMENT

If you have dry eyes Dr. Anderson will recommend using Systane Ultra Preservative Free Eye Drops: ONE drop TWICE DAILY before surgery.

If an ointment is prescribed (Maxitrol), apply this to the inside of BOTH eyelids at night starting a week before surgery. DO NOT use the ointment the day before or on the day of surgery.

Artificial Tears and ointment can be used AFTER cataract surgery to help with irritation and redness.

#### Systane Artificial Tears (Over-The-Counter)



#### Maxitrol Ointment





## FEES

You will receive separate bills from:

- Your Surgeon
- Anesthesia Provider
- The Facility

## MEDICAL INSURANCE

The Premier Surgery Center accepts American Express, Visa, Mastercard, personal checks, cashier's checks, and cash. Patients with insurance will be billed their co-payment and any deductible on the day of surgery. The Premier Surgery Center bills the patient's insurance company as a courtesy; however, any balance due is the patient's responsibility. Individuals who do not have health insurance are asked to be responsible for our facility charge and anesthesia fee on the day of surgery.

## SURGICAL CENTER HOURS

The Premier Surgery Center is open daily Monday through Friday 7:30 am to 5:30 pm. Surgery is scheduled by appointment only.

## IF YOU HAVE ANY QUESTIONS

If you have any questions or concerns, please contact us at (719) 559-2020. If your questions aren't answered, Dr. Anderson PREFERS you contact him directly at **303-521-2783** or email: [dranderson@vicolorado.com](mailto:dranderson@vicolorado.com). Dr. Anderson wants you to be well informed and comfortable with proceeding with your surgery.

## CANCELLATION POLICY

If you are unable to keep your appointment, please notify your doctor and The Premier Surgery Center as soon as possible, preferably a minimum of 48 hours before your appointment. We appreciate your courtesy. If your cataract surgery is not rescheduled or cancelled prior to 24 hours before your surgery date there is a nominal fee.