



SUPAMITRSENA GENERAL HOSPITAL

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Preparing for cataract surgery

- Before surgery, you need to shower or take a bath, as the surgery is performed in a completely sterile setting. You especially need to wash your face and hair very thoroughly, because your eye will need an environment that is as sterile as possible, to avoid infections. Ladies should avoid using make-up from the day before the surgery.
- Please be aware that for 2-3 weeks after surgery, you should only clean your face using a wet towel, and you should avoid washing your hair under a shower, to prevent water and shampoo from coming into your eye.
- As the surgery is performed under local anesthesia, there is no NPO ("nothing per oral") rule – you can eat before the surgery. We do, however, recommend that you eat lightly. We also recommend no alcohol intake for at least 24 hours before surgery.
- Do you have a medical condition, are you taking regular medication? You will need to inform the hospital of **any** conditions (such as – but not limited to – diabetes, high blood pressure, heart disease, previous operations, epilepsy), and **any** regular medication that you take. If you are taking anticoagulant drugs (blood thinners), they should be discontinued 5-7 days before surgery. You will need to discuss this with your doctor at home beforehand.
- We strongly recommend that you use the appointment form in our website to schedule surgery; part of the form is a health questionnaire. From it, our personnel will be able to recognize well in advance if there are any issues (such as the use of blood thinners mentioned above), and can inform you of steps you should take, such as consulting your doctor beforehand. If we do not receive an online form, your medical history will have to be established upon registration, which – in the case of medication or conditions that can lead to problems during surgery – can be too late.
- If you do not feel well – particularly if you have a cough or sneeze, have fever, loose stool or breathing difficulties – you need to let us know in time. The physician will determine if surgery needs to be postponed.

- If you have sunglasses that you are comfortable with, take them along, to be worn after surgery to shield the eye from UV, bright light and wind. The hospital provides temporary sunglasses that can even be worn on top of normal glasses.
- If you are wearing correcting glasses, you may want to talk to your optician about preparing a new pair that you can use after the surgery, with a non-correcting (neutral) glass for the eye that will be operated on. If conditions allow, your treated eye will have perfect vision at far distances without the need of corrections. However, if you are using reading glasses, you will even need those after surgery, albeit the prescription for the treated eye will have changed (more about this in our website).