

PRE-SURGERY CHECKLIST

Please read these instructions carefully at the time of booking your surgery. If you have any questions, please contact Brisbane Eye Clinic on 07 3832 1700.

1. SURGERY FEES

a) **PRIVATELY INSURED**

If you are privately insured, ***it is your responsibility*** to check with your health fund regarding the level and type of cover you hold. Brisbane Eye Clinic will provide you with a cost estimate for your surgeon fee based on the information you provide to us and on our provisional item numbers. We highly recommend you confirm your level of cover with **both** your health fund and the hospital facility.

b) **UNINSURED**

An invoice will be provided to you when you make your surgery booking. Full payment is required **two weeks prior** to your surgery.

If you are planning to make a bank deposit into our account please ensure you enter your invoice number or surname as a reference.

If you are an overseas visitor, or self-insured and you do not hold a current Australian Medicare card, or do not have Medicare reciprocal eligibility, an invoice will be provided to you for the fees. Full payment is required prior to confirmation of a surgery date.

Please note that failure to make payment may result in surgery being cancelled without further notification.

c) **ANAESTHETIST**

Professional fees for your Anaesthetist are not collected by Brisbane Eye Clinic unless you are covered by a Pensioner package for surgery. You will therefore need to contact the Anaesthetist scheduled for your surgery regarding estimates for these fees based on the provisional item numbers that we provide. You will find details of the Anaesthetist in your surgery information pack.

2. ADMISSION PAPERWORK

a) Hospital admission forms - need to be completed and returned to the hospital **at least 10 days prior to surgery**. This can be done by fax, email, post or in person.

b) General Practitioner Health Summary form – you must take this to your doctor to fill in **at least 2 weeks prior to surgery** and return to Brisbane Eye Clinic without delay. This can be done by fax, email, post or in person. This form communicates vital current medical information for the day of surgery.

3. PRESCRIPTIONS

a) Prescriptions - If your doctor has given you prescriptions for eye drops and/or other medication for your surgery, please take these to the chemist **at least 10 days prior to surgery** to have them filled and keep them in the refrigerator.

b) Read the surgery instructions carefully for information on when to start taking eye drops.

SURGERY INSTRUCTIONS (Cataract)

Please read these instructions carefully before surgery and again after surgery.

If you have any questions, please contact Brisbane Eye Clinic on 07 3832 1700

1. BEFORE SURGERY

- a) Please complete pre-surgery checklist.
- b) Admission time – you will be phoned or receive a text message 1-2 days before surgery and given the time to arrive at the hospital.
- c) Take your prescriptions to the pharmacy at least 10 days prior to surgery and store your drops in the fridge. Day prior to surgery start using your eye drops in the operative eye. It may be helpful to buy a bottle of lubricating drops such as Systane, Optive Fusion, Refresh or something similar in case you experience any grittiness or irritation after the surgery.
- d) Check that your GP has sent a Health Summary to Brisbane Eye Clinic at least 2 weeks prior to surgery.
- e) Do not consume alcohol for at least 24 hours prior to your admission time.
- f) **DIABETIC PATIENTS** - If you are diabetic or are using drugs such as Ozempic or other GLP-1 agonists you must follow the protocol in your folder which gives instructions on how to manage your medications, including tablets and insulin. Please have a list of your medications ready before you call us for advice.

2. ON THE DAY OF SURGERY

- a) Instil one drop from each bottle of your surgery eye drops into the operative eye on the morning of surgery. You do not need to take these with you to the hospital. Use your glaucoma drops as usual if applicable.
- b) **DO NOT eat or drink anything for 6 hours prior to your admission time.**
- c) You may have a small sip of water to assist with swallowing medications no less than two hours prior to your admission time.
- d) Please take all other medications as normal including blood thinners and aspirin.
- e) **DIABETIC PATIENTS** - Please follow the protocol in your folder which gives instructions on how to manage your medications, including tablets and insulin. Please ensure you take all diabetic medications with you to the hospital.
- f) We recommend you wear warm clothing as the hospital theatre can be cold.

3. AFTER SURGERY

- a) You **must** have a responsible adult collect you from the hospital and they **must** check on you overnight. If these arrangements have not been undertaken in advance, your surgery **will** be cancelled.
- b) **You should remove the Perspex shield 6 hours after the operation is completed and resume using the prescribed eye drops AND take ONE Diamox tablet** (more information about this tablet over the page).
- c) You may gently clean your eye with salty water using a clean tissue. Combine 150mls of cooled boiled water and 1 teaspoon of salt, refrigerate and discard after 48 hours.
- d) Do **not** drive, sign important documents or make important decisions for 24 hours following surgery.
- e) Do **not** consume alcohol for at least 12 hours after your surgery.
- f) It is important to remain hydrated following surgery. We recommend you consume at least 2 litres of fluids during the 24 hours following your surgery and that you eat normally.
- g) Keep using your eye drops in the operative eye for 3 weeks or until you are instructed to stop by your surgeon.
- h) You may use lubricating eye drops in the operated eye if you experience any grittiness or irritation as required
- i) **Do not rub or apply pressure** to the operative eye at any time in the 4 weeks following your eye operation.
- j) Do not swim for one week after eye surgery

For most people an air bubble will be put in the front portion of the eye

The bubble may or may not be visible to you. It will slowly disappear over the first 48 hours. The purpose of the bubbles is to assist wound healing.

4. ACTIVITIES

- a) You may resume work and light land based exercise 48 hours after your surgery. **Refer to the FAQ page attached.**
- b) **Do not drive** for 24 hours following eye surgery.
- c) We highly recommend that you avoid eye make-up for one week following intraocular surgery.

5. DISCOMFORT (is normal and expected)

It is normal to experience the following symptoms:

- a) Red, watery eyes with some discomfort (grittiness or itchy feeling). You may use lubricating eye drops to relieve irritation or grittiness.
- b) Swollen eyelids - use crushed ice in a small zip lock bag wrapped in a moist cloth for up to 5 minutes per hour for 48 hours.
- c) Sensitivity to light.
- d) Blurred vision.
- e) Sunglasses are recommended for outdoors.

6. PAIN & EYE PRESSURE MANAGEMENT

You have been given Diamox tablets and a prescription for pain relief by your doctor please follow these instructions:

- a) **DIAMOX** – Take one tablet when you remove the Perspex shield 6 hours after the operation is completed and resume your post-operative eye drops in the operated eye. If you experience pain for longer than one hour take a second tablet. (Maximum of 2 tablets in total)

This medication will reduce the eye pressure which will protect your optic nerve, reduce risks of vascular occlusion, promote wound healing and ease the pain.

If you have a proven severe allergic reaction to Sulphur, such as difficulty breathing or swelling of the tongue, lips or throat do not take the Diamox and discuss this with your Doctor.

- b) **PANADOL OSTEO** – Take one tablet with food. You may take one tablet every six hours if needed up a maximum of four tablets in 24 hours. This medication contains paracetamol for pain relief, do not take any other form of paracetamol when taking Panadol Osteo.

If significant pain persists after these medications have been taken, or if you have concerns and wish to speak to your Surgeon, please contact Brisbane Eye Clinic.

Office:

07 3832 1700

MONDAY – FRIDAY 8am -5pm

For emergencies only please phone your Doctor on their mobile (provided above) or report to the Mater Hospital Emergency Department

CATARACT SURGERY FREQUENTLY ASKED QUESTIONS

1. DROPS

Q: Should the post-operative drops be kept in the fridge?

A: Yes. They can be kept at room temperature but refrigeration is optimal.

Q: What will happen if I put in more than one drop by mistake?

A: There are no serious consequences to instilling more than one drop, however, if this happens all the time, you may run out of drops. The BEC staff can give you some tips to ensure you get the correct dosage into your eye.

Q: What if I run out of drops before the 2 week review?

A: Call Brisbane Eye Clinic. You should have enough drops to last a full 28 days. The smaller bottle may run out sooner than the larger bottle. If this happens, just continue using whichever drops you have left.

Q: The drops sting sometimes on instillation. Is this normal?

A: The drops can sting for a minute or two after instillation. This is normal with no need for concern. You may use lubricating eye drops in the operated eye if you experience any grittiness or irritation.

2. DAILY ACTIVITIES

Q: When can I shower and wash my face/hair?

A: You can shower and wash your face/hair from Day 1 after surgery. Try to avoid splashing water directly into the eyes and be gentle when washing your face. Avoid rubbing the eye. If you need to clean around the operated eye, use a cotton pad or face cloth and gently wipe around the eye. Do not be concerned if some water from the shower gets into your eyes. Use eye drops after showering.

Q: Can I exercise?

A: You can resume walking immediately. Avoid resistance training for 1 week and no head down positions for Yoga/Pilates for 2 weeks.

Computer work, reading, TV watching, stair climbing can be resumed as normal.

Q: What about my glasses?

A: If you usually wear glasses for distance vision activities, we suggest you ask your optometrist to remove the glasses lens on the side you have been operated on. That means your vision will still be corrected by your glasses for the un-operated eye but will not affect the new vision in your operative eye.

Do not change your glasses prescription for 6 weeks following uncomplicated surgery.