Several tests and procedures may need to be completed before your surgery.

**Preparation Before Surgery:**

1. **Biometry:** This is a measurement of your eye that assists your physician in choosing the power for your intraocular lens.

2. **Medical Clearance:** You will have a Telephone Appointment with the Nurse Practitioner from the Perioperative Medicine department. To prepare, please have a list of medications (both prescription and over the counter), and paper/pen available. Expect to be called within 1 hour of your appointment time. If any changes need to be made to this appointment, please call (510) 454-7600.

3. **Eye Drops:** You will be using 3 eye drops; use is detailed below starting the day before surgery.
   - **Ofloxacin OR Zymar** (beige cap) this is an antibiotic eye drop to help prevent infection.
   - **Cyclopentolate dilating drop** (red cap) this drop helps ready your eye for surgery.
   - **Prednisolone Acetate 1%**. This reduces inflammation after surgery.

4. **Transportation:** Please arrange for transportation to and from the Fremont Ambulatory Surgery Center on the day of the surgery and to your appointment with your surgeon the day following surgery. Your driver must be a responsible adult over the age of 18 years. You will not be allowed to drive yourself home after surgery.
5. Bring to Surgery: Please bring the following items with you to the Fremont Ambulatory Department:

   Photo ID, Kaiser Card, and Co-pay

   Completed Confidential pre-op Sheet and Latex Allergy Questionnaire

6. Arrival Time: You will receive a call from Surgery Support Services 2-3 days prior to surgery. Please be on time for your surgery at the Fremont Ambulatory Surgery Center. We do our best to stay on schedule, but unforeseen delays may occur. If you are unsure when to arrive for surgery, please call Surgery Support Services at 510-675-6641.

7. Medications: Please take your medication as directed by the Nurse Practitioner.

If you need to cancel or reschedule your surgery for any reason, please call Surgery Support Services at 510-675-6641 as soon as possible. We want to be good stewards of your health care dollars; we will offer your surgery date to someone who is waiting and will reschedule your surgery for another date.
Day Before Surgery

1. Use the Ofloxacin or Zymar eye drop (beige cap). Instill one drop, into the surgical eye(s) 4 times a day, starting the day before surgery. KEEP THIS BOTTLE as it will also be used after surgery.

2. DO NOT EAT SOLID FOODS after midnight before surgery, including gum or candy. You can take up to 8oz of water or Gatorade up to 2hrs prior to your arrival time. It is very important to follow these guidelines or your surgery could be cancelled.

On Your Surgery Day

1. Use the Cyclopentolate eye drop (red caps).

   Apply 1 drop in the SURGICAL EYE(S):

   • 60 mins before leaving home for the surgery center and AGAIN,
   • 30 mins before leaving home for the surgery center and AGAIN,
   • Just before leaving home for the surgery center.
   It is not unusual for your drops to result in mild burning, stinging, and blurred vision. Please bring these drops with you to the surgery center.

2. Glaucoma Eye Drops. If you are taking eye drops for glaucoma, you may continue to take them, unless your doctor tells you otherwise.

3. Take your medications as directed by the Nurse Practitioner.
4. **Do not wear contact lenses.** If you wear eye glasses, you may bring them with you.

5. Please shower and bathe before your surgery. Wear loose, comfortable clothing, preferably a short sleeve shirt with buttons in the front. No undershirts please. **Do not wear make-up.** You may brush your teeth but do not swallow.

6. Leave all jewelry, purse and other valuables (cell phones, laptops etc.) at home. Remove all piercings.

7. If applicable, please wear your hearing aids and/or dentures unless directed otherwise.

8. You must have a responsible adult over the age of 18 with you on the day of surgery. The medication given during the procedure can make you drowsy. It is recommended that you plan on having someone assist you at home after surgery for the rest of the day.

9. You will be given post-surgery instructions before you leave the Surgery Center, and again at your appointment with your surgeon the day after surgery.

**Thank you for trusting Kaiser Permanente with your care. We have an excellent team working together to provide you excellent care, service and comfort during your surgery. Thank you for doing your part to be ready and on time for surgery!**