

Cataract Surgery Preparation & Recovery Checklist

Your Cataract Surgery Journey

A cataract diagnosis is an important step in understanding changes to your vision. With guidance from your eye care professional and the support of Alcon's advanced eye care solutions, you can feel informed and prepared throughout the cataract surgery process.

Use this checklist as your guide to help you prepare for surgery, know what to expect on the day of your procedure, and support your recovery afterwards.

 **Cataract surgery is a routine procedure that helps millions of people enjoy clearer vision every year. Following your doctor's instructions carefully will help support a safe recovery and the best possible outcome.**

Questions to Ask Your Eye Care Professional

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| ☐ What type of intraocular lens (IOL) is right for me? | ☐ When can I resume exercise and other activities? |
| ☐ When can I return to work? | ☐ Will I still need glasses after surgery? |
| ☐ When can I drive again? | ☐ What follow-up care will I need? |

Before Your Surgery

- ☐ Attend Your Pre-Operative Appointments
- ☐ Complete all recommended eye examinations and measurements.
- ☐ Discuss your medical history with your ophthalmologist.
- ☐ Inform your doctor about:
 - Diabetes
 - High blood pressure
 - Heart conditions
 - Previous eye surgeries
 - Allergies
 - Current medications and supplements
- ☐ Ask any questions you may have about the procedure and recovery.

Medication Review

- ☐ Confirm which medications should be continued before surgery.
- ☐ Ask if any medications need to be temporarily stopped.
- ☐ Follow all instructions regarding prescribed eye drops.

Plan Your Transportation

- ☐ Arrange for a family member or friend to take you home after surgery.

 **Do not plan to drive yourself home.**

Prepare Your Home

- ☐ Stock up on prescribed medications and eye drops.
- ☐ Have sunglasses available for outdoor use.
- ☐ Prepare easy meals for the first few days after surgery.
- ☐ Ensure frequently used items are easily accessible.

The Day Before Surgery

- ☐ Follow all eating and drinking instructions provided by your doctor.
- ☐ Remove jewelry & nail polish if requested.
- ☐ Get a good night's rest.
- ☐ Confirm your appointment time and arrival instructions.

On the Day of Surgery

What to Bring

- ☐ Identification
- ☐ Health insurance information (if applicable)
- ☐ List of medications
- ☐ Sunglasses
- ☐ Comfortable clothing
- ☐ A companion to accompany you home

What to Expect

- Expect to spend several hours at the facility, including preparation and recovery time.
- Your eye will be numbed with drops and/or medication.
- The procedure typically takes less than 30 minutes.
- You may notice bright lights during the procedure.
- Most patients experience little to no pain.
- You will rest briefly before being discharged.

After Surgery.

During the First 24 Hours

- ☐ Use all prescribed eye drops exactly as directed.
- ☐ Wear your protective eye shield if instructed.
- ☐ Rest and avoid strenuous activity.
- ☐ Avoid rubbing or pressing on your eye.
- ☐ Avoid driving until your doctor says it is safe.

During the First Week

- ☐ Attend all follow-up appointments.
- ☐ Continue prescribed medications and eye drops. Wear sunglasses outdoors.
- ☐ Avoid heavy lifting.
- ☐ Avoid swimming, hot tubs, and dusty environments.
- ☐ Avoid getting soap or shampoo directly into the operated eye.
- ☐ Avoid eye makeup unless approved by your doctor.

Normal Symptoms After Surgery.

You may experience:

- Mild discomfort
- Slight redness
- Blurry or fluctuating vision
- Sensitivity to light
- Mild watering of the eye

Contact Your Eye Doctor Immediately If You Experience:

- Severe eye pain
- Sudden vision loss
- Increasing redness
- Persistent nausea or vomiting
- Flashing lights or a sudden increase in floaters
- Any symptom that concerns you

My Cataract Surgery Details

Surgery Date: _____

Doctor: _____

Clinic: _____

Follow-Up Appointment: _____

Emergency Contact Name: _____

Emergency Contact Number: _____

Notes
