



Dr. Ravi Menghani, MD
Quantum Eye Group
www.socaleyedoc.com
1945 Palo Verde Ave, Suite 210
Long Beach, CA 90815
Phone: 562-297-0880 Fax: 877-205-9923

Pre/Post-Op Instructions

Your surgery date/time/location:

Please arrive 60-90 minutes in advance of your surgery time. Please be flexible as there can be changes to the scheduled time that are outside of our control.

IMPORTANT:

- 1. Do not consume any food after midnight on the night before your surgery. You may have a few sips of water with medication only. If your surgery is in the afternoon, you may eat very early in the morning, but must be fasting for 8 hours prior to surgery per anesthesiology rule.**
- 2. If you have diabetes, do not take your diabetes medications after midnight. Do not stop aspirin or any other blood thinners. Cataract surgery is**

bloodless.

- 3. Do not eat on the morning of surgery or your surgery will be cancelled.**
- 4. You should start all 3 prescribed eye drops 3 days before surgery.**
- 5. Bring a driver to pick you up and drop you off. The driver does not have to stay the whole time.**
- 6. There may be delays - please be patient, Dr. Menghani will not rush your surgery or that of any patient. Please dedicate at least half the day for your surgery. Feel free to bring a book or magazine while waiting.**
- 7. If you typically wear makeup, please do not wear makeup on the morning of surgery. The area around your eye, and your eye, will be completely cleaned prior to surgery.**
- 8. NO SHOW AND CANCELLATION POLICY:
There will be a \$100 cancellation fee if not cancelled within 10 days prior to surgery day and/or no show**

YOUR ULTIMATE VISION DEPENDS ON THE MANAGEMENT OF HEALTH CONDITIONS SUCH AS DIABETES, AND ANY PRE-EXISTING EYE CONDITIONS SUCH AS GLAUCOMA, MACULAR DEGENERATION, CORNEAL SCARS, AMONG OTHER EYE CONDITIONS.

Cataract Pre-operative Instructions

- 1. Ofloxacin 1 drop 4 times daily in the operative eye beginning 3 days before surgery**

2. Pred Forte (Prednisolone Acetate) 1 drop 4 times daily in the operative eye beginning 3 days before surgery
3. Acular (Ketorolac) 1 drop 4 times daily in the operative eye beginning 3 days before surgery

DIET INSTRUCTIONS PRIOR TO CATARACT SURGERY

Please do not consume any food or beverages after midnight on the morning of your surgery, otherwise the surgery center will **CANCEL** your surgery. You can have your medications with sips of water but do not take the diabetic medications if you have diabetes.

Post-operative Instructions

- Your 1 day follow-up appointment time will be pre-appointed.
- After surgery, you will be given an eye care kit with your eye drops.
- The eye patch will be removed when you see the doctor tomorrow, unless you were instructed to remove it sooner. When you get home, plan to rest, and avoid any strenuous activity. You may resume your normal diet and medications now.
- After your office visit tomorrow, wear glasses or hard plastic shield during the day, and the shield to bed and when taking naps for one week. Refrain from prolonged bending, heavy lifting, or any situation where you might bump your eye or head, or where you might trip or fall.
- You may start driving again once the patch is removed, if you are comfortable with your vision.
- Avoid any pressure or rubbing of the operative eye.
- It is normal for your eye to feel itchy, sore, or scratchy for a few days. If you have any discomfort, you may take Tylenol or ibuprofen.

EYE DROP INSTRUCTIONS AFTER CATARACT SURGERY: THIS IS IMPORTANT!

1. Prednisolone: 4x per day for 2 weeks, then 3x/day for 1 week, then 2x/day for 1 week, then 1x/day for 1 week, then stop
2. Ketorolac: 4x per day for 2 weeks, then 3x/day for 1 week, then 2x/day for 1 week, then 1x/day for 1 week, then stop
3. Ofloxacin: 4x per day for 14 days then stop

YAG Laser: 20% of patients need a minor laser touch up 6 months after surgery to further clear their vision.

Questions? Call Dr. Menghani's office at 562-297-0880.