



Preparing for Your Surgery

Cataract Patients



You will soon be having surgery at one of our establishments. This information sheet tells you how to prepare for your surgery and about the resources available, if needed.

What are cataracts?

They are a vision disorder that occurs when the crystalline lens (the eye's natural lens) becomes opaque (loses its transparency). Vision becomes blurry because it is harder for light to enter the eye. Cataracts form slowly and are part of the natural aging process.

Cataract surgery consists of replacing the opaque crystalline lens by an artificial lens. Your surgeon chooses the type of lens. You may have to pay for certain types. If so, you must pay on the day of the surgery, either by debit or credit card or in cash.

Important information you need to know before your surgery

- Arrange for a responsible person:
 - > To drive you to your surgery
 - > To pick you up after your surgery
 - > To drive you to your follow-up appointment the day after your surgery
- For 1 week before the surgery:
 - > Do not wear make-up on your eyes.
 - > Do not wear a contact lens in the eye that will be operated on.
- If your hair is dyed, do any necessary colouring before the surgery.
- The hospital will contact you to confirm the date, time and place of your surgery.

If you are sick, hospitalized, taking antibiotics, or have a fever, cold sore or eye infection (redness, pain or secretions), please notify us as soon as possible.

- **Hôpital du Sacré-Coeur-de-Montréal :**
514 338-2222 ext. 3499 or 2320
- **Hôpital Fleury :** 514 384-2000 ext. 5508

You may not drive on the day of your surgery or for the next few days. You must wait for your doctor's permission before starting to drive again.

How to prepare the night before and morning of your surgery

- The night before your surgery:
 - > Wash your hair
- The morning of your surgery:
 - > Take a shower.
 - > Have breakfast.
 - > Avoid coffee, chocolate, tea and any other stimulants.
 - > Take your morning medication, unless you are told otherwise by the nurse or doctor.
 - > Do not wear any make-up, cream, body lotion or perfume.
 - > Do not wear any contact lenses, jewellery or piercings.



Date of your surgery: _____

Time of your surgery: _____

Lieu de votre chirurgie (à cocher) :

Hôpital du Sacré-Cœur-de-Montréal
5400 Boulevard Guin Ouest, Montréal,
QC, H4C 1C5

Hôpital Fleury
2180 Rue Fleury Est, Montréal, QC, H2B 1K3

In the event of unforeseen circumstances, unfortunately the time of your operation could be changed, or the operation could be cancelled and postponed to a later date.

What to bring on the day of your surgery

- Valid health insurance card or immigration visa, if required
- An up-to-date list of your medications printed by your pharmacy on 8½ x 11-inch paper
- A list of any over-the-counter medications, vitamins and natural products that you take

Leave valuable objects and extra money at home. The hospital may not be held liable in the event of loss, theft or damage.

The hospital procedure

- Allow 3-4 hours between arriving at the hospital and leaving.
- A venous access line will be inserted in preparation for your surgery.
- The nurse will put drops in your eye to dilate the pupil for surgery.
- Your operation will be performed under local anaesthesia administered by drops, in other words, in your eye only.
 - > If needed, you can be given a sedative (tranquilizer) to help you relax.

- You can walk around after the operation and leave after approximately 15 minutes, if your condition allows.

For additional information

Contact us as at:

• Hôpital Fleury

From Monday to Friday, during the daytime
514 384-2000

Ophthalmology outpatient clinic: ext. 3621

Day surgery: ext. 3820

Surgery department: ext. 3320

• Hôpital du Sacré-Cœur-de-Montréal

From Monday to Friday, during the daytime
514 338-2222

Ophthalmology outpatient clinic: ext. 2010

Pre-operative assessment/admission: ext. 3499