



Full Eye Care

Dr, Zahra Ali, MD, Board Certified Ophthalmologist
and Associates

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WHERE WILL MY SURGERY BE?

Depending on your insurance and surgery center availability, surgery can be done at the following locations:

- **Texas Health – Park Hill**, 3455 Locke Avenue, Fort Worth, TX 76107. Phone: 817-585-1900
- **Texas Health – Midtown**, 2001 W Rosedale Street, Fort Worth, TX 76104. Phone: 817-877-4777
- **Medical City – Fort Worth**, 909 9th Ave, Fort Worth, TX 76104. Phone: 817-336-6060

All locations have **state of the art equipment** as well as excellent pre-operative and post operative **nurses** and staff that are **well versed in eye surgery**.

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WHAT CAN I EXPECT PRIOR TO SURGERY?

- Cataract surgery is an **elective** procedure and should be scheduled at a time when you have access to proper post-operative care. It is ideal for you to be **in the area for one full month** following surgery. If you wish to travel (especially fly), consult with Dr. Ali to ensure the schedule is appropriate.
- If you have been asked to get a PCP clearance prior to surgery (this is done for most patients, including those with recent history of stroke or heart attack, lung disease, and those who have not had regular check ups with their PCP) please ask your PCP to fax the clearance form to Dr. Ali at the fax number listed above.
- **Use eye drops to minimize post-operative swelling PRIOR to surgery as directed by Dr. Ali.**
- The **surgery center calls 2 days prior to surgery with instructions on exact time of arrival**. Typically arrival time is 1.5 hours prior to surgery start time. The nurse at the surgery center will instruct you on which medications to take and which ones to hold off on until after your surgery.

- Please bring your ID and insurance cards to the surgery center.
- Plan to be at the surgery center for about 3 hours. You will need a driver to and from surgery.
- Soon after your arrival to the surgery center an IV is started. You receive IV sedation after the anesthesia permit is signed.
- Food restrictions: **Do not eat or drink anything after midnight the night before your surgery.** Medications to be taken the morning of can be taken with sips of water.
- **Wear clean, comfortable, and loose fitting clothing the day of your surgery. Button down shirt is preferred.**
- Do not wear make up on the day of surgery.

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WHAT CAN I IMMEDIATELY AFTER SURGERY?

- Plan on **resting** the remainder of the day.
- You will have a patch and/or a shield on your eye immediately after surgery. Leave it in place until it is removed the next day at Dr. Ali's office.
- You will be started on eye drops at your first post-operative visit. **Please bring all of your eye drops to your first post-operative day visit, including any glaucoma drops if you are taking them.**
- You may experience mild discomfort or scratchiness in the operative eye following surgery. If a suture was placed, it will be removed 1-2 weeks after surgery.

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HOW CAN I HELP TAKE CARE OF MY EYE AFTER SURGERY?

INSTRUCTIONS FOR THE NEXT 2 WEEKS

- Do not rub the operative eye. Wear the eye shield at bedtime.
- You may bathe the day after surgery. When bathing, keep water out of the operative eye.
- Avoid dusty and smoky environments as well as gardening and lawn work.
- Avoid swimming to reduce the risk of infection.
- Avoid lifting that causes you to strain or hold your breath; **it is best to avoid anything over 10 pounds.**
- Ask about driving when you see Dr. Ali the day after surgery.
- **Exercise is permitted during the recovery period.** Dr. Ali can give you more specific guidelines based on your progress the day after surgery.
- Your glasses prescription changes after surgery. **Glasses prescriptions are usually updated 5-6 weeks after surgery.**