

**PREPARING YOUR EYES FOR
CATARACT SURGERY**

You have decided to move forward with cataract surgery. With the help of your surgeon and your surgery scheduler, you have chosen a lens implant to meet your needs. Now it is time to prepare for the day of surgery to set your eyes up for a quick recovery.

Dry eye and eyelid inflammation are common issues. Even if you don't have symptoms, we recommend taking the following steps to help your eyes recover following surgery:

- 1. Artificial tears or lubricating eye drops:** 2 weeks prior to surgery use tears at least twice daily in the morning and the evening. **If you already use tears continue your normal frequency**
- 2. Warm compresses:** 2 weeks prior to surgery begin warm compresses to your eyelids. You can use a clean wash cloth run under warm, but not scalding, tap water or a specialized mask that warms in the microwave. Apply heat to eyelids with the eyes closed for 3-5 minutes. After removing the heat, with eyes closed, apply gentle pressure to the upper and lower eyelids above and below the lash line with gentle fingertip pressure