



Instructions For Before Your Surgery

Payments for special lenses/lasers must be paid no later than one week prior to surgery.

A nurse will contact you 24-48 hours prior to your scheduled surgery to ask about your medications and vitamins with dosages, and your health history.

Please return any calls from the nurses at the surgery center.

Bring with you to surgery center: Insurance card, photo ID (driver's license), and co-pay (if applicable).

Please shower the morning of surgery with an antibacterial soap.

Wear comfortable clothing.

Please do not wear any lotion, colognes, perfumes, or makeup.

Please leave at home: Jewelry and your wallet with the exception of your insurance card, photo ID (driver's license), and co-pay (if applicable).

Do not eat or drink anything including gum and mints, a full 8 hours prior to your scheduled surgery/procedure.

Take the drops that are indicated to be taken on your drop sheet – some are to be taken the day before and the morning of surgery.

You must have a responsible adult pick you up and stay with you for the first 4 hours after the procedure.

Directions:

From San Ramon/Danville: Take 680 North. Exit at Ygnacio Valley Road. Take a right on La Casa Via. Take a left into John Muir Medical Center.

From Concord/Benicia: Take 680 South. Exit at North Main (South Exit). Take a left on Ygnacio Valley Road. Take a right on La Casa Via. Take a left into John Muir Medical Center.

Aspen Surgery Center: 133 La Casa Via, Ste. 150, Walnut Creek, CA 94598

Dr. Rabin's office phone number: 925-930-8100



Instructions for After Your Surgery

Your IV site may be tender for 24-48 hours.

Keep your eye patch and shield on until removed in the office the day after surgery. If the patch/shield falls off, do not place it back on the eye.

You should eat a light first meal and then progress to a regular diet.

The pain you may experience should be similar to a headache and relieved by Tylenol. If the pain is sharp, stabbing, or not relieved by 2 Tylenol within 2 hours, please call your physician. Do not take any Aspirin, Ibuprofen, Naproxen, NSAIDS, or blood thinners unless directed by your physician.

Your depth perception will be impaired as long as you have the eye patch on, so use caution on curbs, stairs, and with hot beverages. Do not drive or operate heavy machinery.

Keep your eye patch clean and dry. Do not remove the patch until your physician sees you.

You may shower/bathe the day after your surgery. Do not get your eye patch wet or shampoo your hair.

Do not lift heavy objects or bend at the waist or do strenuous exercise for approximately 1 week. Light exercise such as walking is fine.

Sleep on your back or opposite side from your surgery for approximately 1 week unless otherwise directed by your physician. Wear your eye shield at night and your glasses or sunglasses during the day.

Please report these symptoms to your physician:

Bleeding

Nausea or vomiting

Chills and/or fever above 100 degrees.

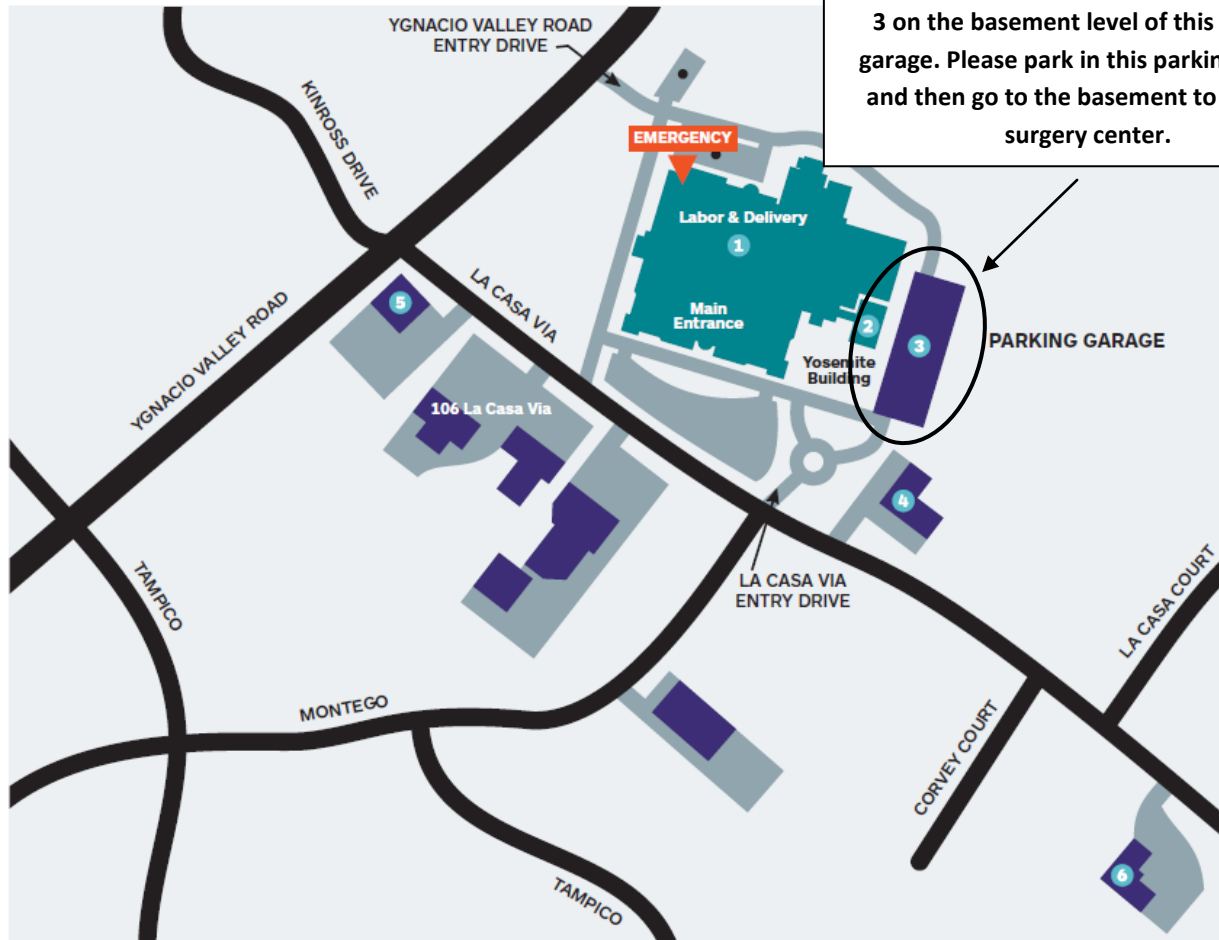
After the eye patch is removed report any flashes, new floaters, sensation of a curtain or veil over your vision, loss of peripheral vision or worsening vision - Call Dr. Rabin's office immediately.

If you are unable to reach your surgeon, call 925-939-3000 or go directly to the emergency room at John Muir Medical Center.

Dr. Rabin will see you in his office the day following surgery. Please call the office if this appointment was not prearranged.



John Muir Health, Walnut Creek Medical Center Vicinity Map



Aspen Surgery Center is located at number 3 on the basement level of this parking garage. Please park in this parking garage and then go to the basement to find the surgery center.

1 Main Hospital
1601 Ygnacio Valley Road

2 Yosemite Building
115 La Casa Via
• CT Scan
• MRI
• Neuroscan
• Radiation Oncology & Radiosurgery Center

3 Parking Garage
133 La Casa Via
Garden Level
• Aspen Surgery Center
• Breast Health Center
• Breast Imaging Services
• Human Resources

4 175 La Casa Via
• Diabetes Clinic

1479 Ygnacio Valley Road
5 • Gynecological Cancer Services
• Digestive Health Services

240 La Casa Via
6 • Wound Care Center

**John Muir Health,
Walnut Creek Medical Center**
1601 Ygnacio Valley Road
Walnut Creek, CA 94598
(925) 939-3000
johnmuirhealth.com



CATARACT DROP SHEET - CHECK OFF THE BOXES AS YOU TAKE EACH DROP

Eye drops may be placed in any order, but separated by 10 minutes		Prednisolone Acetate OR Pred-forte OR Durezol				Moxifloxacin OR Ofloxacin OR Vigamox OR Besivance				Prolensa OR Ilevro OR Bromsite	←----- <i>Instead of</i> Prolensa/Ilevro/Bromsite, you may be prescribed Ketorolac 4x a day. If so, cross out the column to the left.			
	Day before surgery					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	At home: morning of surgery					<input type="checkbox"/>				<input type="checkbox"/>	<input type="checkbox"/>			
Week 1	Day 1 after surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 2 after surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 3 after surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 4 after surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 5 after surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 6 after surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 7 after surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	Day 8 after surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 9 after surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 10 after surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 11 after surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 12 after surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 13 after surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 14 after surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 3	Day 15 after surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 16 after surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 17 after surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 18 after surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 19 after surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 20 after surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 21 after surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 4	Day 22 after surgery	<input type="checkbox"/>	<input type="checkbox"/>							<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 23 after surgery	<input type="checkbox"/>	<input type="checkbox"/>							<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 24 after surgery	<input type="checkbox"/>	<input type="checkbox"/>							<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 25 after surgery	<input type="checkbox"/>	<input type="checkbox"/>							<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 26 after surgery	<input type="checkbox"/>	<input type="checkbox"/>							<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 27 after surgery	<input type="checkbox"/>	<input type="checkbox"/>							<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 28 after surgery	<input type="checkbox"/>	<input type="checkbox"/>							<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 5	Day 29 after surgery	<input type="checkbox"/>								<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 30 after surgery	<input type="checkbox"/>								<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 31 after surgery	<input type="checkbox"/>								<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 32 after surgery	<input type="checkbox"/>								<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 33 after surgery	<input type="checkbox"/>								<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 34 after surgery	<input type="checkbox"/>								<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 35 after surgery	<input type="checkbox"/>								<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Day 36 after surgery	<input type="checkbox"/>								<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Done!