

Welcome to Tozer Lee Eye Center! We are pleased you have chosen us for your specialized vision evaluation. Our comprehensive team of eye surgeons, eye doctors, counselors, schedulers, and technicians is committed to providing you with exceptional care and a personalized path to clearer vision.

Your Appointment (2–3 Hour Total Visit)

To provide a seamless experience, your visit will flow through the following steps:

1. **Advanced Diagnostic Testing:** Precise, specialized measurements of your eyes to gather critical data.
2. **Comprehensive Exam & Dilation:** A thorough health check of your eyes, which requires dilating your pupils.
3. **Surgical Consultation:** Meeting with your **Eye Surgeon** to determine the best treatment plan for your eyes.
4. **Lifestyle Discussion:** Designing a customized plan based on your hobbies, daily activities, and visual goals.
5. **Procedure Review:** A detailed review of the process, advanced lens options, benefits, and potential risks.
6. **Answering Your Questions:** Dedicated time to ensure you feel entirely informed, comfortable, and confident.
7. **Scheduling & Logistics:** Meeting with our scheduling team to coordinate convenient dates and review next steps.

How to Prepare: Important Information

- **Arranging a Driver:** Your evaluation includes heavy dilation, which leaves your vision blurry and sensitive to light for up to 12 hours. While not required, we highly recommend arranging a driver to take you home for your safety and comfort.
- **Dry Eye Prep:** For optimal surgical measurements, please use **Preservative-Free Artificial Tears** (e.g., *Refresh*, *Systane*, or *iVizia*) 3 to 4 times daily for one week prior to your visit.
- **Contact Lenses:** If you wear contacts, please ensure you have discontinued wearing them as instructed by our office.
- **What to Bring:** Photo ID, insurance cards, a current medication list, and your completed patient paperwork (attached).

If you have any questions prior to your arrival, please call our surgery team directly at **480-947-4493, option 5**. We look forward to helping you achieve clearer, brighter vision!

Warm regards,

The Surgical Care Team

Tozer Lee Eye Center | 480-947-4493 | www.tozereyecenter.com

Your Surgical Journey: Cataract Surgery & Refractive Lens Exchange

We are committed to your comfort and your best possible visual outcome. Please review this guide carefully as it covers what you need to know before, during, and after your procedure.

1. Preparing for Surgery (The Week Before)

- **Transportation:** You **must** have a responsible adult drive you home. You will not be allowed to drive or take a ride-share service alone following sedation.
- **Medications:** Continue all regular medications unless specifically instructed otherwise by our team. If you are on blood thinners, ensure we have your latest instructions on file.
- **Fasting:** Please follow the fasting instructions provided during your pre-operative appointment (generally nothing to eat or drink for **8 hours** prior to your arrival).
- **Hygiene:** Wash your face thoroughly the morning of the procedure. Do not wear makeup, perfumes, or heavy lotions.

2. The Day of Surgery

- **Arrival:** Please arrive at the scheduled time to allow our team to complete your pre-operative check-in and administration of dilating drops.
- **The Procedure:** The surgery itself typically takes 5-10 minutes. You will be provided with conscious sedation to keep you relaxed and comfortable throughout the process.
- **Recovery:** You will spend a short time in our recovery area for observation before being discharged. Please plan to be at the center for approximately 2-3 hours total.

3. Post-Operative Care (Your First 24 Hours)

- **Eye Drops:** Please start the eye drops as instructed by our surgery team and/or your surgeon.
- **The Shield:** You will wear a protective plastic shield over your eye to prevent accidental rubbing. Keep this on after surgery and while sleeping for the first five nights.
- **Physical Activity:** Do not bend at the waist, lift anything heavier than 20 lbs, or strain during the first week of recovery.
- **Hygiene:** You may bathe or shower, but be careful not to get water, soap, or shampoo directly in your eye. Do not swim or use hot tubs for two weeks.
- **Vision:** Your vision may be blurry or feel "foggy" immediately after surgery. This is normal and will improve as the eye heals.
- **Redness:** Your eye may look red or "bloody" immediately after surgery. This is normal (like a bruise) and will improve over the course of 1-2 weeks.

The majority of our post operative appointments are seen at our Tempe/Mesa office. We highly recommend having your post operative care there, as there is less traffic flow with an elevated experience in a calm, spacious environment, which includes complimentary Nespresso and snacks.