

Anesthesia Information Sheet for Ophthalmologic Operations under Local Anesthesia

Dear patient,

Please observe the following instructions for your outpatient surgery to ensure that it is as comfortable and safe as possible for you.

Cataract operations are usually performed with drip anesthesia without narcosis. The ophthalmologist will even need your cooperation during the procedure. To perform the operation safely and without any foreseeable problems, we will monitor your blood pressure, heart rate, and oxygen saturation. Only light sedation is possible at the beginning, if desired.

Preoperative instructions:

- **Preliminary anesthetic examination:** Please have a preliminary anesthetic examination carried out by your family doctor (laboratory, ECG)
- **Required documents:** Please bring all findings, medication list, allergy or anesthesia card (if available), and your insurance card on the day of surgery.

On the day of the surgery

- **Fasting requirement:** Refrain from consuming food (including sweets, fruits, and chewing gum) or smoking for a minimum of 6 hours prior to the operation.
- **Clear fluids:** Clear fluids are permissible up to 2 hours before surgery (e.g., water, unsweetened tea, black coffee). However, avoid fruit juices, fatty drinks, or milk-based beverages.
- **Medication consultation:** If you are on regular medication, please consult with our team.
- **Health status notification:** Inform our team of any changes in your health status (e.g., sore throat, cold, cough, fever, diarrhea, vomiting).

Postoperative instructions:

- **Transportation and supervision:** Ensure that arrangements are made for a family member or friend to transport you home and provide you care for the first 24 hours post-surgery.
- **Dietary guidelines:** You are permitted to consume light foods and fluids at home without specific dietary restrictions..

If you have any questions or complications:

- If your concerns do not pertain to the eye, you are welcome to inform us by telephone.
- If you are unable to reach us, please contact your family doctor or, in urgent emergencies, the local emergency services at 112.

If you have any further questions, please do not hesitate to contact us. We wish you a speedy recovery!

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