



## DAVID D. RICHARDSON, MD, INC.

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# Preparing For Cataract Surgery

You will be returning to our office for pre-operative testing that Dr. Richardson will use to choose the “best fit” intraocular lens IOL for your eye. This IOL will be placed in your eye after the cataract has been removed. IOLs come in a range of powers just as shoes come in a range of sizes. How is the power of your IOL determined? By taking measurements of your cornea as well as the length of your eye.

The cornea is the clear front part of your eye. It has a “power” too. The higher the power of your cornea, the lower the power needed for you IOL. Thus, the corneal power measurement is a very important measurement. In order to get the best possible measurement it is important that your cornea be smooth with a sufficient quality tear film.

**There are many conditions that can degrade the quality of your corneal measurements. Two very common ones are Dry Eye Syndrome and Blepharitis (or Meibomitis).**

Dr. Richardson has determined that you have one or both of these conditions. In order for Dr. Richardson and his staff to obtain the best quality measurements of your cornea it is important that you do the following prior to your pre-operative testing appointment even if you are having no symptoms.



## **Dry Eye Syndrome**

- Place preservative-free artificial tears in both eyes at least four times a day
  - » Artificial tears come in individual use containers
  - » Preservative-free artificial tears can be used up to every hour

*The more you use them, the better they work*

## **Blepharitis (Meibomitis)**

- Place a warm, moist compress over your eyes for 10-15 minutes
  - » Do this two to three times per day
  - » Use over the counter lid scrubs to remove debris from your lashes once or twice a day
- Take a high quality omega-3 fatty acid supplement by mouth
  - » 1,000 – 4,000mg per day (ok to divide into multiple doses)

If, after using the above treatment, Dr. Richardson and his staff cannot obtain quality measurements you may be asked to continue treatment and return for repeat testing prior to surgery. This may result in a delay in your scheduled surgery date. These measurements are that important. By completing the recommended treatment you will minimize the risk of delaying surgery as well as take a key role in obtaining the best possible IOL for your eye.