

CATARACT SURGERY
Prep & Recovery Kit

Everything in one place: your lens decision, the questions to ask your surgeon, your drop schedule, and a day-by-day recovery log — for one eye or both.

A printable planner • US Letter & A4

By Dr. Eye MD

For personal use. This kit is a planning organizer based on general information — it is not medical advice.
Always follow your own surgeon's instructions.

FREE SAMPLE — full 13-page kit at thecataractsurgeryguide.com/kit.html

BEFORE YOUR VISIT

Lens decision worksheet

The most important choice — work through it before you decide.

Every lens trades something for something else. There is no perfect lens — only the right lens for your eyes and your life. Circle what matters, then compare.

Lens	Best for	Watch out for	Glasses after?
Monofocal (standard)	Sharpest vision, best night vision	One distance only	Reading glasses
Monovision	Fewer glasses, no premium cost	1 in 5 don't adapt — trial first	Rarely, fine print
Toric	Sharp + fixes astigmatism	Must sit at an exact rotation	Reading glasses
Multifocal / trifocal	Least glasses of all	Halos, glare, less contrast	Often none
EDOF	Distance + computer, calmer nights	Small print still needs readers	Readers, small print
Light adjustable (LAL)	Fine-tuned after surgery	UV glasses for 4–8 weeks	Depends on target

My priorities — check all that matter to you

- ☐ Sharp distance vision (driving)
- ☐ Computer / intermediate
- ☐ Avoiding halos
- ☐ Reading without glasses
- ☐ Calm night driving
- ☐ Keeping costs down

My lens choice: _____

Surgeon's recommendation: _____

Tip from the book: never choose a lens by brand name. Choose by category — toric, trifocal, EDOF, LAL — and let your surgeon pick the best model within it.

Notes

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BRING THIS PAGE

Questions to ask your surgeon

Check them off as you discuss them.

Your eyes & the plan

- ☐ How advanced are my cataracts? Is there any reason not to wait?
- ☐ Do I have other eye conditions that will limit my result?
- ☐ What is my realistic expected vision — with and without glasses?
- ☐ Which eye first? How far apart will the surgeries be?

The lens

- ☐ Which lens do you recommend for me specifically, and why?
- ☐ What are my options at each price level, including the no-extra-cost standard lens?
- ☐ With a premium lens, what percentage of your patients still need glasses, and for what tasks?
- ☐ Is there anything about my eyes that makes you hesitate about a multifocal / EDOF lens?
- ☐ If I don't like the lens afterward, what are my options?

The procedure

- ☐ Laser or manual technique for my eyes — and would it change my outcome?
- ☐ How long is the surgery, and how long am I at the center?
- ☐ What anesthesia will I have, and who administers it?
- ☐ What are your complication rates?

Recovery

- ☐ What drops, for how long? What if I miss a dose or can't manage the bottles?
- ☐ When can I: drive / work / exercise / swim / wear makeup / rub my eye?
- ☐ What's normal vs. call-immediately? What's the after-hours number?

Cost

- ☐ What's covered by my insurance vs. out of pocket — itemized, in writing?
- ☐ Is the laser an extra charge? What does it include?
- ☐ What's the policy and cost if an enhancement is needed?

THE DECIDING QUESTION — ASK IT OUT LOUD:
“If I were your parent, with my eyes and my lifestyle, which lens would you choose — and what would worry you about the other options?”

Notes from the appointment

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