



Postoperative Instructions for Eye Surgery

EYE MEDICATIONS: These medications have been prescribed for you prior to your surgery or provided to you in your postoperative kit.

After **CATARACT SURGERY:** Start these medications in the evening after your surgery. You may take off the plastic shield and instill each following drops in your operative eye. Afterwards, re-tape the plastic shield over your eye to protect it while you're sleeping.

- [] **Pred-Gati-Brom 1/0.5/0.09%** (compounded medication from doctor's office)
Place one drop in the operative eye four times daily: breakfast, lunch, dinner & bedtime
- [] **Durezol or Prednisolone Acetate** (pink top or pink label)
This is a milky drop. **SHAKE BOTTLE WELL BEFORE USE**
Place one drop in the operative eye four times daily: breakfast, lunch, dinner & bedtime
- [] **Moxifloxacin or Vigamox or Polytrim** (brown top)
Place one drop in the operative eye four times daily: breakfast, lunch, dinner & bedtime
- [] **Prolensa or Ilevro** (gray top)
Place one drop in the operative eye two times daily: breakfast & dinner

KEEP THE EYE COVERED: Keep the operative eye covered with the plastic shield overnight. Your vision will be blurred following surgery. You will also experience double vision. This is normal after surgery. These symptoms should subside within 24 hours. **PLEASE KEEP THE HARD EYE SHIELD FROM YOUR EYE SURGERY.** You will use this hard eye shield to cover your operative eye at bedtime while you sleep for the first week after surgery.

IF YOU HAVE GLAUCOMA & CURRENTLY USE GLAUCOMA EYE DROPS:

After **CATARACT SURGERY:** Continue all glaucoma drops directed in both eyes even after cataract surgery unless otherwise directed.

ACTIVITY RESTRICTIONS: Limit all activities to light activity.

- NO HEAVY LIFTING** (do not lift anything more than 10-15 lbs).
- NO BENDING OVER** (do not allow your head to fall below your heart level; sleep on two pillows at night).
- NO STRAINING** (please take laxatives if you are prone to having difficulties with bowel movements).

FOR PAIN:

You may experience some discomfort after surgery. Generally this can be alleviated with artificial tears. However, if it is more than just discomfort, you may use Tylenol / acetaminophen. Do not use aspirin or ibuprofen (Motrin or Advil). These medications may increase your risk for bleeding after surgery and may lead to a higher risk for surgical failure.

Call the doctor immediately if you are having severe uncontrolled pain or other unusual symptoms. The office number is (239) 262-2020 and press option 2. You may also call the doctor on his/her cell.