

Post-Op Instructions for Cataract Surgery

Medications(EyeDrops):

Moxeza (moxifloxacin) – This is an antibiotic in order to prevent infections.

One drop to the operated eye 2timesperday (morning, night) x 1week

DUREZOL (difluprednate) – This is an anti-inflammatory medication to help the eye heal.

One drop to the operated eye 2timesperday (morning, night) x 2 weeks

then 1 time per day (night time only) x 2 weeks, making for 4 weeks total

ILEVRO (nepafenac) – This is an anti-inflammatory medication to help the eye heal.

One drop to the operated eye once per day (bedtime) x 6weeks



MOXEZA

DUREZOL

ILEVRO

Surgery Day	2x/day (morning, noon, night)	2x/day (morning, night)	once/day (morning)
Week 1	2x/day (morning, noon, night)	2x/day (morning, night)	once /day (morning)
Week 2	--	2x/day (morning, night)	once /day (morning)
Week 3	--	once /day (morning)	once /day (morning)
Week 4	--	--	once /day (morning)
Week 5	--	--	once /day (morning)
Week 6	--	--	once /day (morning)

It is very important that you do not rub your eye for one week following the procedure.

You will begin using your drops on the day of surgery. You may place your drops into the operated eye in any order. Put the first medication, wait 2 or 3 minutes, then put in the second medication, wait 2 or 3 minutes, then put in the third medication. This is to ensure that the eye drops are absorbed into your eye. The drops may leave a harmless white residue in the corner of your eye. Just gently wipe it away. If you think the drop missed your eye or rolled onto your cheek, go ahead and instill another drop in the eye.

Your Activities:

- The morning after surgery, you may resume almost all of your normal activities such as: driving, taking a shower, washing your face, watching TV, light exercising, stooping, lifting (items less than 40 pounds), playing golf, walking, reading, etc.
- It is okay to apply light eye make-up starting 48 hours after your surgery, but be sure to purchase new mascara, eyeliner, or other eye make-up since the old products may predispose you to infection.
- Avoid swimming, getting into hot tub/Jacuzzi/steam bath/sauna or diving underwater for 1 week.
- You should avoid jarring activities such as jogging, especially on hard pavement, for 1 week. Avoid activities where eye trauma is likely (boxing, aggressive sports, tackle football, etc) for 3 months.
- Avoid rubbing the eye for 1 week following the procedure. You may use a new tissue or Kleenex to gently dab the eye, but do not rub the eye. Do not use the same tissue more than once. If you have itching or irritation, you may certainly instill more eye drops.

The Normal Healing Process:

The eye takes a little time to heal as well as to adapt to looking through the new man-made lens implant. With the premium lens implants, there is a period of at least a few weeks where the brain needs to adapt to the new vision. You've looked through a human lens (which became the cataract) for decades and now you'll adapt to looking through a man-made lens. Each eye tends to heal and adapt to the new vision somewhat differently, and a difference in the normal healing process between the two eyes is not unusual.

Symptoms: a modest amount of redness, irritation, or tearing is normal as the eye heals.

Some patients feel the microscopic incisions as they heal, and they report a sensation of a grain of sand or eyelash in the eye. These symptoms are normal and are usually alleviated by use of the eye drop medications.

Vision: As the eye stabilizes and gets used to looking through the man-made lens implant, a mild to moderate amount of fluctuation, blurring, or shimmering of the vision is normal. Since the new lens is crystal clear, you will initially be more sensitive to bright light. You can use the sunglasses that we provide or your own sunglasses in order to feel more comfortable, but they are not required. If you had premium multi-focal lens implants, seeing some glare / halos, particularly around bright lights is normal and this tends to diminish as the eye and the brain adapt to the new vision. Your old glasses will likely not work too well, and you'll probably see better without them, but there's no harm in using them. Glasses can be prescribed for you in a few weeks during your follow up care visits.

Problems:

If you develop severe pain, a dramatic decrease in vision, flashes of light like seeing fireworks, or a striking increase in redness and discharge, or if you have any other issues, please call the office.

Your post-operative visit is scheduled for _____ at: _____

Location:

Phone: