

EYE ASSOCIATES SURGERY CENTER

POST-OPERATIVE CATARACT SURGERY INSTRUCTION

- At the completion of your surgery, the operative eye may be covered by a shield. This may be removed at home.
- As an alternative, your eye may be covered with dark shades.
- Your eye drops after surgery are as follows:



* **ZYMAXID** – Fill prescription and start drops 2 days before surgery and continue the drops after surgery. Use one drop 3 times a day.



* **KETOROLAC** – Fill prescription and start 2 days before surgery and continue the drops after surgery. Use one drop 3 times a day.



* **DUREZOL** – Fill prescription and start on the day of surgery, after surgery is completed. Use one drop 4 times a day.

*****YOU WILL BE USING 2 OF THESE EYE DROPS 2 DAYS BEFORE SURGERY AND ALL 3 OF THESE EYE DROPS AFTER SURGERY.***WAIT FIVE MINUTES BETWEEN INSTILLED DROPS*****

- Always wash your hands before putting in your drops.
- Be careful not to allow the tip of medicine bottle to contact your eye, eyelashes, lid or other surfaces.
- When applying the eye drops, tilt your head backwards and pull down the lower lid to create a pocket for the medicine. It may be easier to apply the drops while lying down.
- You may wear your glasses or the dark shades during the day.
- Remember to re-apply the shield over the operative eye with tape at bedtime or when sleeping during the first week after surgery.
- DO NOT bump or rub the eye.
- DO NOT use any other eye drops in the operative eye except those Dr. Gonzalez prescribed. Do not stop glaucoma drops in the operative eye.
- DO NOT lift anything heavier than 15 lbs during the first 2 weeks after your surgery.
- DO NOT drive until your doctor says you can.
- After surgery, you may resume most regular activities, including light physical activity such as walking. Avoid strenuous exercise or bending down below the waist for 2 weeks.
- You may shower and shampoo, but do not allow the water to get into the operative eye.
- It is normal for your vision to be blurry immediately after surgery, but it is usually much clearer the next day. In some cases, the best vision may not be reached until new glasses are prescribed 4-5 weeks after your surgery.
- You may experience mild discomfort and redness after your surgery. If this occurs, you may take 2 regular strength Tylenol every 4 hours for pain. Avoid Ibuprofen or aspirin.
- Call the Valdosta office to page Dr. Gonzalez at (229) 247-4114 if you experience:
 - Severe eye pain not relieved by Tylenol
 - Severe nausea or vomiting
 - Sudden decrease of vision
 - Flashes of light or increased floaters
- Follow-up appointment _____. Bring your eye kit and all eye drops to all your postop appts.

(Patient signature)

(Witness)