# BRING THIS SHEET WITH YOU TO ALL POST-OPERATIVE APPOINTMENTS.



# Northeast Ohio Eye Surgeons—Eye Drop Summary □LEFT EYE □RIGHT EYE

**Cataract Surgery** 

Please follow this bubble sheet. Mark off each	h d	lose.
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It is IMPORTANT to take the eye drops according to directions. You may also use artificial tears or lubricating drops as needed which may help healing and reduce irritation.

Wait 5 minutes between any 2 drops.

PRED-MOXI-BROM



Br = Breakfast L =Lunch

D =Dinner Bd =Bedtime

Begin:	Day Before	Date of Surgery	Post Op	DATE	TIME	OFFICE	DOCTOR
	Surgery		Day 1				
Pred-Moxi- Brom	Br L D Bd		Approx 1 wk				
			Approx 1mo				

	Wear Eye Shield at Bedtime x 1 week												
First Week	Surgery Day	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7						
	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd						
Pred-Moxi-4x/day Brom	0000	0000	0000	0000	0000	0000	0000						
Tears 4x/day or More	0000	$\circ \circ \circ \circ$	0000	0000	0000	0000	0000						

2nd Week	Day 8		Day 9 Day 10			ay 10	Day 11		Day 12		Day 13		Day 14	
	Br	Bd	Br	Bd	Br	Bd	Br	Bd	Br	Bd	Br	Bd	Br	Bd
Pred-Moxi- Brom 2x/day	O	0	O	0	O	O	O	•	0	•	•	O	O	0
Tears 2x/day or More	O	O	0	O	0	0	0	O	0	O	0	0	0	O

3rd Week		Day 15		Day 16		Day 17		Day 18		Day 19		Day 20		Day 21	
		Br	Bd												
Pred-Moxi- Brom	2x/day	O	O	0	O	0	•	O	O	O	O	O	•	O	O
Tears 2x/day or	More	O	O	O	O	0	O	0	0	O	0	O	0	O	O

4th Week Day 22		ay 22	Day 23		Day 24		Day 25		Day 26		Day 27		Day 28	
	Br	Bd	Br	Bd	Br	Bd	Br	Bd	Br	Bd	Br	Bd	Br	Bd
Pred-Moxi- 2x/day	O	0	0	0	0	•	C	O	O	0	O	0	O	•
Tears 2x/day or More	0	O	0	O	0	O	0	O	0	O	0	O	0	0

#### TYPICAL Post-Op SYMPTOMS: You may notice...

Blurry or hazy vision for the first several days, but blurry vision may last for a couple weeks

Flickering/reflecting lights or "fluttering" (arc-shaped pattern) in your peripheral vision for days to weeks A mild ache for the first few days

A foreign body or scratchy sensation in the eye for weeks to months (use Artificial Tears periodically for relief)

## **ACTIVITIES TO AVOID:**

Avoid lifting/pushing anything that causes you to STRAIN for at least 1 (one) week

Avoid bending/stooping/head positions that causes a "pressure" feeling in your head for 1 (one) week

Avoid dusty/dirty environments at least 1 (one) week- wear protective eyewear if you must be around dust/dirt No eye make-up for at least 1 week (being careful not to rub eyes hard when removing make-up for 4 weeks)

No swimming and avoid splashing water directly into eye for 2 weeks

No forceful rubbing the operative eye for approximately 4 weeks

#### **PRECAUTIONS:**

Wear eye shield at bedtime for 1 (one) week

Take a shower or bath, but cautiously wash your eyelids — no splashing

Wear sunglasses if light sensitive

Wear eye protection when needed

## **APPROVED ACTIVITES:** You may...

Sleep on either side, but use the eye shield for the first week after surgery

Watch TV, read, or work on computer, etc

Perform most household activities, but minimize "STRAINING" for 1 (one) week

Participate in most exercise routines, except avoid straining to lift/bend for 1 (one) week

Have your hair styled at barber/beauty shop (being careful not to get hair or hair product in eyes)

#### **EYEGLASS**ES:

Most, not everyone's, eyeglass prescription changes after cataract surgery.

Patients may have trouble deciding whether they see better with their old glasses or not, especially between your first and second eye. Some will see better without glasses. Some see better using old glasses. A few (very few) patients will prefer to remove one lens. Try each option to determine which method allows you to function best. YOU WILL NOT STRAIN OR HARM EITHER EYE DURING THIS PERIOD.

Many people can function well with Over-the-Counter "drugstore" readers during this healing period.

Start with **+2.50 READERS** and vary the power up or down to find the one best for you.

You can consider new glasses options typically 1 month after your final surgery.

# CALL OUR OFFICE IMMEDIATELY IF YOU EXPERIENCE:

SEVERE PAIN

SIGNIFICANT REDNESS

INCREASED FLOATERS OR FLASHES OF LIGHT (like lightning streaks or flash bulb)

SUDDEN LOSS OF VISION or NEW DOUBLE VISION

SUDDEN CHANGE IN EYE COLOR OR PUPIL SIZE

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#### **DRIVING:**

You will NOT be allowed to drive home from the Surgery Center—please make arrangements.

We ask that you do NOT drive until you discuss with your doctor during one of the post operative visits.

If your doctor indicates that you are "legal to drive", we ask that you:

- 1) limit driving to day-time only and familiar areas for at least the first several days,
- please use YOUR best, safest judgment on whether you are safe to drive.

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