

IOL POST-OPERATIVE INSTRUCTIONS

- **Do not operate a motor vehicle or other heavy machinery for 24 hours after your surgery. Always consult with the nurse/technician the day after your surgery if you are permitted to drive.**
- **Do not bend past your waist or lift more than 20 pounds after your surgery for at least 5 days.**
- **Do not rub or put pressure on your eye.**
- **Do not be concerned by your vision on the day of surgery – it is common to have blurry or distorted vision and you may see colors (typically red) from the microscope light.**
- **Always use the eye shield at night for the following 5 nights after your surgery to protect your eye. You may tape the shield on your face with the tape we provide you. No gauze needs be placed under the shield.**
- **Use a warm washcloth to wash discharge from the eyelid as necessary. Do not put pressure on the eye.**
- **Sunglasses are provided for your convenience - use them if you feel light sensitivity.**
- **Stinging, burning or a moderate amount of irritation is normal after your surgery. Call your doctor if you have severe pain that does not improve after using Tylenol or Advil.**
- **Normal activities including reading, writing, TV, and low-intensity walking are permitted starting on the day of surgery, if you feel up to it.**
- **Do not engage in sexual activity, golfing, bowling, swimming, dancing, and heavy exercise for the first five days, unless otherwise permitted.**
- **You may take a shower or bath starting the day after surgery. Keep your eyes closed while in the shower for one week.**
- **Artificial tears may be used up to 4 (four) times per day if the eye feels irritated.**

Should you *not* have Dropless, you have a choice between 1 (one) combination drop or 3 (three) separate eye drops. Always take all drops exactly as prescribed by your doctor.

COMBINATION DROPS:

PredGatiNepafenac: This medication helps to prevent infection and inflammation. 3x/day for 1 week then 2x/day for 2 weeks. (*For patients with ERM or Diabetic Retinopathy, add drop #3 from below for 3 more weeks.*)

Or

SEPARATE DROPS:

#1 Besivance or Ofloxacin: This medication helps to prevent infection. 3x/day for 1 week.

#2 Prednisolone Acetate or Dexamethasone: This medication helps to prevent inflammation. 3x/day for 1 week then 2x/day for 2 weeks.

#3 Diclofenac or Bromsite: This medication helps to prevent discomfort and helps to promote the healing process. Diclofenac: 3x/day for 3 weeks or Bromsite: 2x/day for 3 weeks. (*Patients with ERM or Diabetic Retinopathy should use Diclofenac or Bromsite for an additional 3 weeks.*)