

CATARACT SURGERY POST-OPERATIVE DROPS INSTRUCTIONS

START USING DROPS IN THE OPERATED EYE

3-in-1 Combination Drops: (Pick up the drop kit from our office)

- **Pred-Gati-Brom:**
1 drop 3 x day for 1 week, then 1 drop 2 x day for 2 weeks.
- Only for patients with ERM or Diabetic Retinopathy, add **Prolensa** or **Diclofenac** or **Ketorolac**: Start 3 days prior to surgery and continue for 4-5 weeks after the surgery)



OR

3 bottles of drops picked up from the Pharmacy:

- **Besivance** or **Ofloxacin**: 1 drop 3 times per day 1 for week
 - **Lotemax Gel** or **Prednisolone Acetate**:
- 1 drop 3 times per day for 1 week then,
1 drop 2 times per day for 1 week, then 1 x day for 1 week, then stop.
 - **Prolensa**: 1 drop per day for 1 month
or **Diclofenac** / or **Ketorolac**: 1 drop 3 times per day for 1 month.
Only for patients with ERM or Diabetic Retinopathy, start 3 days prior to surgery and continue for 4-5 weeks after the surgery)
- Non preserve artificial tears may be used up to 4 times a day if the eye feels irritated.

CATARACT SURGERY *POST-OPERATIVE* INSTRUCTIONS

- Do not be concerned by your vision on the day of surgery – it is likely to be very blurry, distorted and you may see colors (typically red) from the microscope light.
- You may see red spots (blood spots) on the white part of the eye after surgery. These are of no concern and will gradually diminish.
- Use the eye shield at night for 5 nights to protect your eye. You may tape the shield on your face with the tape provided. No gauze need be placed under the shield.
- Do not bend past your waist and do not lift more than 20 pounds after your surgery for 5 days.
- Sunglasses are provided for your convenience - use them if you feel light sensitive.
- You may be up and around the day of surgery. Normal activities including reading, TV, and light walking are permitted immediately.
- You may take a shower or bath starting the day after surgery. Keep your eyes closed in the shower for one week. Use a warm washcloth to wash discharge from the eyelid, as necessary. Do not put pressure on the eye, do not rub your eye.
- No sexual activity, golfing, bowling, swimming, dancing, and heavy exercise for five days after surgery unless otherwise instructed.
- Stinging, burning or a moderate amount of irritation is normal. Call your doctor if you have severe pain that does not improve with Tylenol or Advil.