

**1 Day Post-op appointment**

Date: \_\_\_/\_\_\_/\_\_\_

Time: \_\_\_\_\_ A.M/P.M.

## Post-Op Instruction Form

- **Call immediately anytime of the day at (949) 770-1322 if you notice any of these important symptoms:**
  - a. Sudden or Progressive decrease of vision
  - b. Severe pain in the eye. (Slight scratching and tearing is normal)
- **May take one or two Tylenol tablets every four to six hours if you have any discomfort.**
- **Activities and Restrictions:**
  - a. Keep eye shield on for the first 24 hours after surgery and when sleeping for 1 week. Wear sunglasses when outside.
  - b. Avoid strenuous activities for one week after the surgery, such as lifting heavy objects, bending over or high impact exercise. Normal household activities are generally safe. Avoid contact sports for one month after surgery.
  - c. No eye makeup, especially mascaras or fake eyelashes, for at least 2 weeks.
  - d. You should not swim or bathe with your face under the water for one week after the procedure.
  - e. You may shower, but avoid getting water and soap in operative eye for the next 2 weeks.
  - f. May read or watch TV for short periods, for 2 weeks after surgery. Do not stare at a computer or TV screen for hours after surgery, as this can dry your eyes out. Make sure to take breaks every 20 minutes or so to rest your eye.
  - g. Do not rub your eye for at least one month after surgery. If you rub your eye you could push open the incision and cause an infection.

24422 Avenida De La Carlota, Suite 110, Laguna Hills, CA 92653

Ph: (949) 770-1322 Fax: (949) 770-0127

[www.OCEyeInstitute.com](http://www.OCEyeInstitute.com)

## POST-OPERATIVE CATARACT EYE DROP REGIMEN



**Antibiotic** (Start **one day before surgery** and continue 2 hours after your surgery)

- **Brand – Besivance:** 1 drop 3 times a day for 2 weeks in operated eye
- **Generic – Ofloxacin:** 1 drop 4 times a day for 2 weeks in operated eye
- **Generic – Moxifloxacin:** 1 drop 4 times a day for 2 weeks in operated eye



**Anti-Inflammatory** (Start **one day before surgery** and continue 2 hours after your surgery)

- **Brand – Bromsite:** 1 drop 2 times a day in operated eye for 8 weeks
- **Brand – Prolensa:** 1 drop 1 time a day in operated eye for 8 weeks
- **Generic – Ketorolac:** 1 drop 4 times a day in operated eye for 8 weeks



**Steroid** (Start the **morning of surgery** and continue 2 hours after your surgery)

- **Brand – Inveltys:** 1 drop 2 times a day in operated eye for 4 weeks, then 1 time a day for 4 weeks.
- **Brand - Lotemax SM:** 1 drop 4 times a day in operated eye for 4 weeks, then 3 times a day for 1 week, then 2 times a day for 1 week, then 1 time a day for 2 weeks.
- **Generic – Prednisolone:** 1 drop in operative eye 4 times a day for 4 weeks, then 3 times a day for 1 week, then 2 times a day for 1 week,

Please note that depending on your insurance coverage, your eye drops may differ from the drops originally prescribed.

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