

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 ACTIVITIES: 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)

EYEGASSES:

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

Lawrence E. Lohman, M.D. Marc F. Jones, M.D. Matthew C. Willett, M.D.

Elizabeth Shanika Esparaz, M.D. Rachel S. Davis, M.D.

**Katie L. Greiner, O.D. Elizabeth D. Muckley, O.D. William R. Rudy, O.D. Katherine Hastings Zajac, O.D.
Marcella E. Pipitone, O.D. David B. Beckett, O.D. Jennifer S. Vincent, O.D. Samantha R. Zaczyk, O.D.**

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,
2) please use YOUR best, safest judgment on whether you are safe to drive.

Office Number: 330.678.0201

After Hours Number: 330.475.7385

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

Northeast Ohio Eye Surgeons—Eye Drop Summary

RIGHT EYE LEFT EYE

iLASIK

Please follow this bubble sheet. Mark off each dose.

It is **IMPORTANT** to take the eye drops as instructed. The following schedule is a guideline, but your doctor may change the regimen through the course of healing.

Wait approximately 5 minutes between the different medications.



Moxifloxacin (Tan Cap)



Prednisolone Acetate (Pink cap)



Preservative Free Tears

Tears: Very Important !

We encourage you to use Preservative-Free artificial tears or lubricating drops frequently which will help healing and reduce irritation. After 1 month, you may switch to Preserved or Bottled Tears, but stay with Brand names such as Refresh, Genteal, Thera Tears, or Systane. Again, wait 5 minutes between any 2 drops.

**Br = Breakfast
L =Lunch
D =Dinner
Bd =Bedtime**

First Week	Wear Eye Shield at Bedtime x 1 week						
	Surgery Day	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Moxifloxacin	Every 2 Hrs	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	Every 2Hrs	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○
Tears every 2hrs							

Stop Moxifloxacin

2nd Week	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
No Moxifloxacin	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 2x/day	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
Tears at least 4x/day							

3rd & 4th wk	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
Tears at least 4x/day							

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Blurry or Hazy Vision for the first several days, but fluctuating vision may last for a couple weeks.
A foreign body or scratchy sensation in the eye for several weeks. (use Artificial Tears often for relief)

ACTIVITIES TO AVOID:

Avoid activities such as Yoga and weight training for 1 week
Avoid contact sports for 1-2 weeks
Avoid dusty/dirty environments - wear protective eye wear if you must be around dust/dirt
No eye make-up for at least 1 week (being careful not to rub eye when removing make-up for 4 weeks)
No swimming and Avoid splashing water into eye for 2 weeks

PRECAUTIONS:

Wear Eye Shield at bedtime for 1 (one) week
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SUDDEN CHANGE IN EYE COLOR OR PUPIL SIZE

STOW LOCATION
330.928.0201

KENT LOCATION
330.678.0201

AKRON LOCATION
330.836.8545

AFTER HOURS:
330.475.7385

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Thomas Chi, M.D. Myron Bodnar, M.D.
Sara Prusinski, O.D. Amy Fernandez, O.D. Jennifer S. Vincent, O.D.

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MEDINA LOCATION
330.722.8300

WADSWORTH LOCATION
330.334.1300

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