

☐ Left Eye

☐ Right Eye

Cataract Surgery

Please follow this bubble sheet. Mark off each dose.

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.



Moxifloxacin "Moxi"



"Pred" Acetate



Diclofenac "diclo"

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

Begin:	Day Before Surgery	Date of Surgery	Post Op	DATE	TIME	OFFICE	DOCTOR
Moxi	Br L D Bd O O O O		Day 1				
			Approx 1 week				
Diclo	O O		Approx 1 month				

First Week Wear eye shield at bedtime	Wear Eye Shield at Bedtime x 1 week						
	Surgery Day	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Moxi 4x/day	Br L D Bd O O O O	Br L D Bd O O O O	Br L D Bd O O O O	Br L D Bd O O O O	Br L D Bd O O O O	Br L D Bd O O O O	Br L D Bd O O O O
Pred 4x/day	O O O O	O O O O	O O O O	O O O O	O O O O	O O O O	O O O O
Diclo 2x/day	O O	O O	O O	O O	O O	O O	O O

Stop
Moxi

2nd Week	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Pred 2x/day	Br Bd O O	Br Bd O O	Br Bd O O	Br Bd O O	Br Bd O O	Br Bd O O	Br Bd O O
Diclo 2x/day	O O	O O	O O	O O	O O	O O	O O

3rd Week	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Pred 2x/day	Br Bd O O	Br Bd O O	Br Bd O O	Br Bd O O	Br Bd O O	Br Bd O O	Br Bd O O
Diclo 2x/day	O O	O O	O O	O O	O O	O O	O O

4th Week	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Pred 2x/day	Br Bd O O	Br Bd O O	Br Bd O O	Br Bd O O	Br Bd O O	Br Bd O O	Br Bd O O
Diclo 2x/day	O O	O O	O O	O O	O O	O O	O O

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 or 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 makeup 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 no, 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 months 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

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 judgement on whether you are safe to drive.

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