

CATARACT SURGERY INSTRUCTIONS

YOUR SURGERY IS SCHEDULED FOR _____ AT HALLANDALE OUT PATIENT SURGICAL CENTER.

- **HALLANDALE SURGICAL CENTER WILL CALL YOU 1 DAY BEFORE YOUR PROCEDURE TO ADVISE YOU OF THE TIME OF SURGERY.**
 - **NO FOOD OR DRINK THE DAY BEFORE YOU SURGERY AFTER MIDNIGHT.**
 - **TAKE ALL YOUR USUAL MEDICATIONS THE DAY OF SURGERY WITH A SIP OF WATER.**
 - **CALL YOUR PRIMARY DOCTOR TO SCHEDULE A MEDICAL EXAM FOR A PRE-OP CLEARANCE WHICH IS REQUIRED.**
 - **YOU ARE SCHEDULE TO COME BACK TO OUR OFFICE FOR THE POST OP APPOINTMENT:**
_____ .
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BEFORE SURGERY

1 DAY BEFORE SURGERY, _____, START TAKING ALL 3 DROPS IN YOUR _____ EYE

- **MOXIFLOXACIN- 1 DROP 4 TIMES A DAY (BREAKFAST, LUNCH, DINNER, BEDTIME)**
- **ILEVRO- 1 DROP ONCE A DAY (BEDTIME)--if this drop is not covered or is too expensive, you can take a tylenol in place of this drop for discomfort after surgery**
- **PREDNISOLONE- 1 DROP 4 TIMES A DAY (BREAKFAST, LUNCH, DINNER, BEDTIME)**

*****PLEASE WAIT 5 MINUTES BETWEEN EVERY DROP*****

***** YOU DO NOT NEED TO USE THE DROPS THE DAY OF THE SURGERY*****

**You will resume drops the day after surgery.
Please see instructions on next page..**

AFTER SURGERY



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- **MOXIFLOXACIN -1 DROP 4 TIMES A DAY FOR 10 DAYS.**



- **ILEVRO -1 DROP ONCE A DAY UNTIL THE BOTTLE RUNS OUT**
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- **if this drop is not covered or is too expensive, you can take a tylenol in place of this drop for discomfort after surgery**



- **PREDNISOLONE - 1 DROP 4 TIMES A DAY FOR A WEEK**
- **THEN, 3 TIMES A DAY FOR 1 WEEK**
- **THEN, 2 TIMES A DAY FOR 1 WEEK**
- **THEN, ONCE A DAY FOR 1 WEEK**
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- **STOP (AFTER 4 WEEKS)**

YOU WILL HAVE THE FOLLOWING RESTRICTIONS FOR THE FIRST 2 WEEKS AFTER YOUR SURGERY;

- **DO NOT RUB YOUR EYE**
- **NO HEAVY LIFTING, BENDING, OR PULLING OVER 30 POUNDS**
- **DO NOT STOP ANY MEDICATIONS, UNLESS SPECIFICALLY TOLD TO**
- **WEAR A PLASTIC SHIELD TO SLEEP WITH FOR 2 WEEKS AFTER SURGERY**
- **WEAR SUNGLASSES AFTER SURGERY AS NEEDED**
- **WHEN SHOWERING, AVOID DIRECT WATER IN YOU EYE FOR 2 WEEKS AFTER SURGERY**

***IF YOU HAVE ANY QUESTIONS, PLEASE CALL EVELYN QUINCHIA 305-940-1500.**

POST-OPERATIVE INSTRUCTIONS

You have just had a delicate operation to one of the body's most sensitive organs. Healing time varies from individual to individual. The average time until the healing process is complete varies from one to three months. Here are a few things to keep in mind.

PAIN:

You can expect some mild discomfort for the first week or so. This should gradually improve. If you experience pain that is not controlled with Tylenol (or other over-the counter preparations), or if your discomfort seems to be getting worse rather than better, please call 305-940-1500 day or night.

REDNESS:

Usually your eye will be somewhat red. This should also improve gradually. If the eye becomes progressively and significantly redder, call!

DISCHARGE:

Some matting of the eyelids is common, and this discharge can be removed with a soft, moistened cotton ball by gently swabbing the eyelids without pressure. If the discharge significantly increases or looks like pus, call right away! Do not wait until your appointment; it is imperative to catch any infection early.

VISION:

Your vision will usually be quite blurry after any operation. You will probably need to have your glasses changed, or in the case of cataract operation, a whole new system of lenses will be necessary before you see clearly again. This can occur about 4-6 weeks after surgery.

PREVENTION:

- You should always keep your eye protected by glasses or the plastic shield. This is to protect the eye from accidental rubbing or knocking, which might disrupt the delicate stitching of the wound. You should continue this for at least four weeks. Since recently operated eyes are usually light sensitive, you may want to use tinted glasses or sunglasses. The shield or glasses should be used for at least 3-4 weeks.
- Eye pads may be used in addition to the glasses or shield. They are not necessary or even desirable, but some people feel more comfortable with them.
- The major danger to your eye is a direct blow. Avoid situations that could result in a flying object hitting your eye.