

DURRIE VISION

See a dramatic difference.

RLE/Cataract Post-Op Instructions

Patient Name: _____

Caring for your eye on Surgery Day –

- Continue to wear the clear eye shield all day today. It should only be removed to instill eye drops. If the eye is patched, the tape and gauze should be removed at _____ and then the clear eye shield should be replaced over the eye. You should sleep with the clear eye shield or goggles provided.
- Do not rub or bump the eye. You may carefully dry tears or excess eye drops by wiping around or below the eye.
- You will be using **Vigamox**, **OmniPred**, and **Nevanac** 1 drop each, 3 times today in RIGHT / LEFT eye – approximately 12:00pm, 5:00pm, and 10:00pm. Please separate the eye drops by 5-10 minutes.
- Artificial tears may be used to lubricate the eye as needed for comfort.
- After surgery, you might have a dull headache. You may take your usual headache medication.
- Continue to use all of your routine oral medications.
- Restasis drops or Latisse eyelash medication should be discontinued for 1 week in post-operative eye.
- Continue with glaucoma or other eye medications as directed by physician.

Tomorrow –

- Use **Vigamox** (antibiotic) 1 drop 4 times a day, RIGHT / LEFT eye, until gone.
- Use **OmniPred** (anti-inflammatory) 1 drop 4 times a day, RIGHT / LEFT eye, until gone. *SHAKE WELL*
- Use **Nevanac** (anti-inflammatory) 1 drop 3 times a day, RIGHT / LEFT eye. Use 2 full bottles.
- The protective shield or goggles should be worn while sleeping for 1 week.
- You will need someone to drive you to your 1 day post-operative appointment.

Your appointment time tomorrow is: _____ Location: **Durrie Vision 2nd floor**

If you become concerned or have pain that is not relieved by your headache medicine, please call the office. The telephone is answered 24 hours daily.

Please call 913-491-3330 or 1-866-954-2525 with questions.

Patient dismissed by JES / Other _____

Patient Signature

Nurse/Technician Signature

Date

Time

Surgeon

SEE REVERSE SIDE FOR MORE POSTOPERATIVE INFORMATION

POSTOPERATIVE INFORMATION

1. Double or slanted vision is normal for 24-hour period following eye surgery and is due to the anesthetic effect on the eye muscles.
2. Blurred vision should be expected, although some patients see clearly right after their eye surgery. The vision may fluctuate from day to day while the surgery eye is healing. It takes 4-8 weeks for the eye to heal completely. The pupil of the eye may be dilated for the 24-hour period following eye surgery. For the first few days after surgery, it is common for you to notice a pink or red tint to your vision as you adjust to the increased amount of light entering the eye.
3. You may need to remove an eyeglass lens from your glasses prescription to see better while healing or you may wish to remove and replace it with plain glass. Try your glasses first so you don't make an unnecessary change. Wearing your present prescription for maximum distance and near vision will not harm the eye. You may return to contact lens use in the non-operative eye immediately following surgery.
4. Minor discomfort is normal after eye surgery and should subside within the first few days. This includes mild itchiness or a scratchy sensation. Lubricating eye drops can be used if needed. A temporary redness of the white of the eye is normal.
5. Your eyelid may droop temporarily. This will improve with time.
6. Tearing or watering of the eye is normal and may be tinted with a trace of blood.
7. Be careful when washing your face. Water will not harm the eye, but rubbing or bumping may cause injury. Be very gentle in applying and removing your make-up. Use caution as depth perception can be affected.
8. Wash your hands with soap and water before putting in your drops.
9. Use eye medications as directed. Please communicate the need for replacement eye drops should you misplace or run out of the eye medication prematurely. It is not uncommon for the drops to sting for the first few uses after surgery.
10. Use your eye. Visual tasks such as reading, watching TV, computer use, and playing cards will not harm the eye.
11. Resume your normal physical activities as you feel comfortable. Bending will not harm the eye. Use caution with heavy lifting during the 1st week as it may cause discomfort in the eye. The doctor or his staff will tell you if you have other restrictions in activities due to your surgery. You may return to work when ready.
12. Do not use a hot tub or swim in a lake, ocean, or pool for 1 month.
13. We recommend eye protection from the sun and wind.
14. You must not attempt to drive until after the 1 day post-op appointment. You may drive when you are confident with your vision and your comfort allows.