

# POST-CATARACT SURGERY INSTRUCTIONS

**ATLEE GLEATON EYE CARE**

207-622-3185

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**Day of Surgery:** Take it easy. Take all of your regular medications, including any eye drops, as directed. Resume your eye drops in the eye that had surgery on the following schedule. Please space all drops 15 minutes apart. You may use the drops in any order.



**Moxifloxacin:** Use one drop around 5 pm.



**Prednisolone acetate 1%:** You will receive this bottle at the hospital. Shake well before use. Place one drop in the eye around 5 pm.

You may watch TV and read if you wish. Resume your normal diet. Do not drive or operate any heavy machinery on the day of surgery. Do not strain to lift (nothing over 20 pounds). Do not rub your eye. You may lightly dab the eye with a tissue if needed. Keep the protective eye shield in place overnight. It may be removed in the morning. You may wear it at night for the next week if you feel more comfortable doing so, but use is optional. You may wear your glasses if you choose. Some patients find they are light sensitive after surgery and you may wish to wear a pair of sunglasses outdoors.

Take 1-2 Tylenol tablets every 4-6 hours as needed for mild discomfort. Blurry vision, double vision, tearing and a sandy feeling in the eye are not unusual in the first 24 hours

after cataract surgery. Close your eyes and rest them if needed. Call the office if you have serious discomfort.

For the sake of safety, have someone stay with you the day of surgery and overnight. The anesthetics you have been given are short acting, but some patients are very groggy for hours afterward. Some patients are unsteady on their feet or are slightly confused.

**The day after surgery:** Remove the eye shield in the morning. Return to the office for your check with the doctor. Please bring your drops with you to your appointment. If you would like the lens in your old glasses to be removed in the optical shop, bring your glasses along.

Space all drops 15 minutes apart. You may use the drops in any order.



**Moxifloxacin:** Use one drop three (3) times a day about 8 hours apart for the next six (6) days. Then stop.

**Prednisolone acetate:** Shake well before use. Use the drop three (3) times a day about 8 hours apart.



**Bromsite:** Place one drop daily.



**During the first week:** Avoid getting soap in your eye. Avoid creams, lotions and make-up around the eye that had surgery. You may shower or bathe but avoid immersing the eye in water. Avoid rubbing the eye. Use a tissue or washcloth to gently

remove tears or any discharge. Use moderation in your activities: walking, running and golf are fine. Do not lift anything over 20 pounds, swim or engage in contact sports, including tennis and racquetball.

Use the eye drops as directed and return to the office for your second visit as scheduled.

**During the second week:** Make-up is now okay to use. You may now get the eye wet and may swim. Avoid rubbing the eye. Do not lift weights or engage in activities risking direct impact to your eye. You may resume sexual activity.

Continue the use of Bromsite drops once a day.



**Prednisolone acetate:** Shake well before use. Use the drop two (2) times a day about 12 hours apart.

**During the third to sixth weeks:** Avoid rubbing the eye. You may resume all regular activities as tolerated.



Continue the Bromsite drops once a day until the bottle is empty.



**Prednisolone acetate:** Shake well before use. Use one drop daily for 1 week and then stop.

Return to the office about four weeks after surgery for a dilated eye examination and a glasses prescription check.

**Call our office at:**

**(207) 622-3185**

**if you have increased redness or discharge, pain unrelieved by Tylenol, decreased vision, or spots and flashing lights in your vision.**