



After Your Cataract Surgery with Dr. Chow,

**USE DROPS IN THE OPERATIVE EYE ONLY:** wait 1 minute between each drop to allow enough time for each to be fully absorbed.

**Start using medicated drops Week 1/Day of Surgery:**

Use **one** drop each of:

Zymar (*gatifloxacin*)                      4 times daily (Breakfast, Lunch, Dinner, Bedtime)

Durezol 0.05%                                2 times daily (Breakfast, Bedtime)

Prolensa 0.07%                                1 time daily (Breakfast)

Take Tylenol #3 and Ativan (Lorazepam) as prescribed if needed.

**Week 2:**

STOP using Zymar (*gatifloxacin*)

Use **one** drop each of:

Durezol 0.05%                                1 time daily (Breakfast)

Prolensa 0.07%                                1 time daily (Breakfast)

**Week 3:**

Use **one** drop of:

Prolensa 0.07%                                1 time daily (Breakfast)

**Week 4:**

Use **one** drop of:

Prolensa 0.07%                                1 time daily (Breakfast)

**Week 5:**

STOP **all** drops unless directed otherwise.

**Use artificial tears (Systane Ultra or Refresh Optive Advanced) 4 times daily for a dry or gritty sensation in your eyes.** Note that artificial tears should NOT be used immediately prior to medicated drops – please allow ½ hour either before or after using medicated drops.

## Recovery Instructions for \_\_\_\_\_

Office appointment is on \_\_\_\_\_ at \_\_\_\_\_ in Dr. Chow's office at #106 280 Midpark Way SE, Calgary AB

- Wear plastic eye shield today and overnight, removing it to instill eye drops then re-taping it in place afterward.
- Leave pad & shield in place until your appointment next day. Bring all medicated eye drops with you to the appointment.

### First Full Week after surgery:

- DO NOT DRIVE
- Sleep on non-operative side or back for (1) week, NOT ON FACE
- Do not bend over at the waist
- Do not lift anything more than 10 lbs
- Do not do any vigorous activity
- Never rub the eye: it is normal for your eye to feel slightly irritated
- Always wash your hands before instilling eye medication
- Wear sunglasses for comfort when in bright lighting (indoors or out)
- Keep eye close during shower or bathing to avoid water & soap in the eye
- Apply plastic eye shield at bedtime

**After the First Week:** It is safe for you to gradually resume regular activities, including sex.

**For Four Full Weeks,** avoid any chemical irritants around the eye area, including eye makeup, creams, hairspray, and hair color.

- No swimming, hot tub/Jacuzzi

### Call us if you experience any of the following:

- significant, prolonged pain
- loss of, or decrease in vision, especially if sudden
- excessive redness or discharge from the eye

Call 403-254-2408 if you get admitted into a hospital within 30 days after surgery.

403-254-2408  
Monday - Friday 8:30AM - 5:00PM

403 - 801 - 9901  
Available only between 5:00 pm, starting the day of surgery until 8 :00 am, the following day for Emergencies ONLY