

Post-Operative Instructions following Cataract surgery procedure

USE BELOW DROPS IN THE OPERATIVE EYE ONLY

(Wait 1 minute between each drop to allow full absorption)

Week 1: STARTS Day of Surgery, Instill one drop into operative eye of:

Zymar (<i>gatifloxacin</i>)	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/or Ativan (Lorazepam) as prescribed if in need.

Week 2: STOP Zymar (*gatifloxacin*)

Continue:

Durezol 0.05%	1 time daily (Breakfast)
Prolensa 0.07%	1 time daily (Breakfast)

Week 3: STOP Durezol 0.05%

Continue:

Prolensa 0.07%	1 time daily (Breakfast)
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Week 4: Continue:

Prolensa 0.07%	1 time daily (Breakfast)
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Week 5: STOP all drops unless directed otherwise.

Important:

Use artificial tears (Systane Ultra or Refresh Optive Advanced) 4 times daily for a dry or gritty sensation in your eyes.

Note:

Do Not use artificial tears immediately prior to medicated drops. Use after all medicated drops.

Recovery Instructions for _____

1 Day Post Surgery appointment on _____ at _____ in
Dr. Chow's office (Signature Eye Specialists) 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
- 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

IMPORTANT: 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

**Signature Eye Specialists at
Monday - Friday 8:30AM - 4:00PM**

403-254-2408

Health Link at 811

After Hours Emergencies

Holy Cross Center at

403-244-2500

In the event of any unexpected admission to a hospital within 10 days of your surgery.

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Monday - Friday 8:30AM - 4:00PM**

403-254-2408

Health Link at 811

After Hours Emergencies

TLC at

403-931-5941

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