

Pre Operative

&

Post Operative

Surgery Instructions

### Pre Operative Surgical Instructions...

Your Cataract surgery has been scheduled at St. Joseph's Hospital on:

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Start the following eye medication on

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Right Eye     Left Eye

#### **Vigamox (moxifloxacin)**

Instill the drops 3 times daily including the morning of your surgery

#### **Acuvail**

Instill the drops 3 times daily including the morning of your surgery

- Wash your hands carefully before applying medications.
- To instill your eye drops, tilt your head backwards, hold your eye open by gently pulling down on your lower lid and while looking towards the top of your head, squeeze the bottle gently until a drop comes out and falls into the opened eye. Wipe away excess medication with a clean tissue.

**Bring both of the opened and unopened bottles to Kensington Eye Institute for use before and after surgery.**

**Due to anesthesia requirements, it will be necessary to fast as of Midnight the night prior to your surgery.**

Take your regular medications with a small sip of water on the morning of your surgery. Please bring your eye drops and any medications you are taking, in their original bottle.

**Diabetic patients: DO NOT** take your diabetic medication on the morning of your surgery. **DO NOT** take your insulin. You **MUST** bring your insulin with you to the clinic.

## Post Operative Instructions...

### General Instructions And Guidelines

- Always wash your hands before touching your eye. Eyelids may be gently cleaned using warm boiled water and sterile gauze.
- Do not rub or put direct pressure on your eye for at least one month after surgery.
- If you are light sensitive, wear sunglasses for comfort.
- Some discomfort or pain is not unusual, you may take Tylenol, plain or extra-strength at the recommended dosage and frequency.
- Wear eye shields for the first week while sleeping. Buy tape to hold the shield in place.
- Your vision may still be unclear after operation, but will improve and your spectacle prescription may be changed 4-8 weeks after your surgery.
- Showers and hair washing are allowed but avoid getting water or soap into your eye. Keep eyes closed.
- Your eye will be scratchy and you may have burning sensation when putting in your eye drops. You may use artificial tears as frequently as necessary to lubricate your eye.
- Your vision may be blurry and your eye may be watery. It is normal to see a reddish or pinkish hue for 36 hours after the surgery

### Things to Avoid

- Water in eye, swimming, or hot tub for 4wk
- Bending/straining for 3 wks
- Lifting heavy objects/or strenuous exercise for (no more than 10lbs) For 3-6 wks
- Alcohol consumption for 24hours
- Driving for 1 week after surgery
- No eye makeup for 1 week

### Contact your surgeon if you notice any of the following symptoms in the operated eye:

- Significant decreased vision
- Increasing eye pain
- Increasing redness
- Increasing floating spots
- Increasing swelling around the eye
- Increasing discharge
- A sudden gush of fluid

### After Surgery...

If your eye has been patched, leave the patch in place until you have been seen by your surgeon .

Instill the following drops into the operated eye, eye waiting 5 minutes between drops.



Prednisolone Acetate 1%

**\*1 drop into the operated eye 4 times daily for 2wks, then 3 times daily for 1 week, then 2 times daily for one week, then 1 times daily for one week then stop then stop**



Vigamox (Moxifloxacin)

**\*1 drop into the operated eye 4 times daily for 1 week then stop.**



Acuvail- To be started week 2 post operatively.

**\*1 drop into the operated eye 4 times daily for 1 week, then 3 times daily for 1 week, then 2 times daily for 1 week, then 1 times daily for 1 week, then stop.**