

INSTRUCTIONS BEFORE SURGERY

1 DAY BEFORE SURGERY

ZYMAR (antibiotic)

4 Doses

(e.g. 3 meals + Bedtime)



XIBROM (anti-inflammatory)

2 Doses

(e.g. morning and evening)



The evening before surgery

Discontinue contact lenses

NO food or drink after midnight. You may take your normal medications (pills) with sips of water.

Remove all eye makeup including eyeliner and mascara

Be certain to have driving arrangements made for the following day. Patients cannot drive home after surgery.

SURGERY DAY (MORNING OF SURGERY)

Please take all medications with a sip of water. Do NOT eat or drink unless otherwise instructed.

Do NOT use any makeup or mascara

Please bring your surgical kit and instructions to the surgical center

Please arrive 45 minutes prior to surgery.

2 HOURS BEFORE SURGERY: USE MYDRIACYL (RED TOP) EYE DROP. 4 DOSES 30 minutes apart.

Eye Doctors of Washington

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INSTRUCTIONS AFTER SURGERY

ZYMAR (antibiotic)

4 doses/day



PRED (anti-inflammatory)

4 doses/day



SHAKE
WELL

XIBROM (anti-inflammatory)

2 doses/day



ZYMAR **4** doses/day (e.g. 3 meals + Bedtime) **Stop 4 Days after surgery (or until empty)**

PRED **4** doses/day for 7 days. Then decrease to **2** doses/day for 2 more weeks

XIBROM **2** doses/day (e.g. morning and evening) for 3 weeks

Drops are only for the operated eye and can be used together, in any sequence, if separated by at least 3 min. It is normal that some drops will sting. Close the eye gently for a minute after instilling a drop. “Pred” may leave a harmless white residue in the eyelid corner. Please bring your drops along with this handout with you to each postop appointment. Don't refill the drops if you run out a few days early.

Activities: Because it's tender, avoid pressing or rubbing the eye for 2 weeks. Wear protective sunglasses under any circumstance where you may get struck in the eye (small children, pets, etc.) Exercise is fine, including golf, tennis, jogging, and aerobics. Refrain from any eye makeup for 3 days following surgery. Do NOT go swimming or go in a hot tub for 7 days following surgery. Normal showering and washing your hair is fine. You may read and watch TV as much as you would like. You may resume work and driving when you feel ready. There is no restriction on airplane travel.




Normal early postoperative symptoms: a dilated pupil for the first 2 days; eye watering and redness; a scratchy or sandy sensation; stinging with the eye drops; blurry, fluctuating, or shimmering vision; sensitivity to bright lights; a curved shadow or light reflection off to the side; mild increase in floaters; some haloes at night.

CALL IMMEDIATELY if you experience severe pain or sudden loss of vision

Visual Recovery: You should not expect to see well immediately. There is normally much variability in the recovery rate between different patients, and even between both eyes of the same patient. The amount of blur during the first week is not relevant to the final visual outcome. Therefore, try not to over-analyze your vision at first. Although unavoidable, comparing the recovery period of one eye to another (or to that of another friend or relative) may raise unnecessary concern over normal differences. Until your eyeglass prescription is updated for the operative eye, you will not have optimal focus for both reading and far distance. Your old prescription eyeglasses will not cause harm, but if the old spectacle lens is too bothersome, you may want to have it popped out. Alternatively, inexpensive store-bought reading glasses are safe, and may work well as a temporary measure. At the store, use trial and error to try on the lowest power that seems to work.

INSTRUCTIONS AFTER SURGERY [RIGHT / LEFT]

Post Operative Medication Dosing Guide

Medication	First 4 Days	Starting on _____
 ZYMAR (antibiotic)	4 Times a Day	STOP
 PRED (anti-inflammatory)	4 Times a Day	2 Times a Day for 2 more weeks
 XIBROM (anti-inflammatory)	2 Times a Day	2 Times a Day for 2 more weeks

SHAKE

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