

ONE DAY BEFORE SURGERY

Use **Zymar**: 1 drop 4 times for 1 day

The evening before surgery:

- Please discontinue contact lenses
- Remove all eye make-up, including eyeliner and mascara
- Be certain to have driving arrangements made for the following day. Patients cannot drive home after surgery

DAY OF SURGERY

On the morning of surgery, please take all medications as normally prescribed

Do NOT use any eye make-up, mascara, or fragrances

On surgery day, we will provide you with a surgical kit and instructions

Please arrive at least 30 minutes prior to surgery

AFTER SURGERY

Start your post-operative drops upon returning home (or no later than 2 hours after surgery)

- **Use Zymar – 1 drop – 4 times a day for one week.**
- **Use Pred Forte — 1 drop – 4 times a day for two weeks.**
 - Be certain to shake the bottle thoroughly prior to each drop.
- **Use preservative-free (PF) or dissolving-preservative artificial tears at least 6 times a day.** You may use them more frequently (up to every 1 – 2 hours). We recommend Bion Tears, Refresh Liquigel,® Refresh, or Genteal® tears. These can be obtained in bottle form with a dissolving preservative. These bottles are more economical and easier to use than the individual packets.

Allow a minimum of 5 minutes between each drop to insure full benefit of each drop.

Unless instructed otherwise, please continue all other medications (pills, eye drops, etc.) as before surgery.

Sleeping with a shield is not necessary. You may sleep with the shield if you are worried that you may rub or harm your eyes.

A bandage contact lens may have been inserted for your comfort. If it falls out, please do NOT reinsert the lens. A new lens will be provided on your first visit.

For discomfort, use any over-the-counter medication (Tylenol, aspirin, Advil, etc.). If you develop pain that is not managed by these medications, please contact us as instructed below.

Unless informed otherwise, please continue to use all prescription medications (both oral and eye drops) as before surgery.

ACTIVITIES

Your eyelids may be mildly “droopy” or swollen. This is usually temporary.

Your vision may be somewhat blurry. Do not be alarmed as this will usually clear within several weeks.

If you are not comfortable driving or operating hazardous equipment, please avoid doing so until your vision is satisfactory.

You may notice increased sensitivity to sunlight. Please wear sunglasses as needed for comfort.

Refrain from all eye make-up for 3 days following surgery.

You can resume most normal activities immediately. You may run, golf, or return to work the next day.

Unlike the convalescence with some surgical techniques, you do not have to be concerned about bending or lifting.

We ask that you do not go swimming or go in a hot tub for at least 7 days following surgery.

RSVP: **R** = Redness
 S = Swelling
 V = Visual Decline
 P = Pain

If any symptoms listed occur, call our office *immediately* for advice and instructions. After normal business hours, the call will be handled by the answering service. An eye care professional will be paged and will promptly return your call.

2 Wisconsin Circle
Suite 200
Chevy Chase, MD 20815
301/215-7100

1016 16th Street, NW
Lower Level
Washington, DC 20036
(202) 659-2050