

2 Wisconsin Avenue, Suite 200, Chevy Chase, MD 20815  
1750 K Street, Suite 300, Washington, DC 20006  
240-482-1200 FAX 240-482-1235

---

## 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

## Surgery Day

### MORNING PRIOR TO SURGERY

On the morning of surgery, please take all medications with a sip of water

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

Please bring your signed informed consent and instructions with you

Please arrive at least 30 minutes prior to surgery

### AFTER SURGERY

#### MEDICATIONS

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

- **Use Zymar – 1 drop – 4 times** until bandage contact lens removed.
- **Use Pred Forte 1% – 1 drop – every hour** on the first day, followed by 4 times/day for 2-4 weeks. The Pred Forte drop must be used for several months to reduce the risk of corneal haze or scarring. It is important to discuss with your doctors the long-term treatment regimen for this medication.

Be certain to shake the bottle thoroughly prior to each drop. Allow a minimum of 5 minutes between each drop to insure full benefit of each drop

Please use preservative-free (PF) or dissolving-preservative artificial tears at least 4 times a day. You may use them frequently (up to every 1 – 2 hours). We recommend Bion, Refresh, Refresh Liquigel, 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.

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

For discomfort, use the dilute anesthetic drops that were provided at the completion of your surgery. They may be used every 1 – 2 hours. You may also use the painkiller provided (Lortab 7.5mg) or 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.

## ACTIVITIES

Do not rub your eyes

It is best if you take a nap for several hours upon arriving home – it protects the eyes and allows them to heal more quickly.

A bandage contact lens was inserted for your comfort. If it falls out, please do NOT reinsert the lens. A new lens will be provided on your first post-operative visit

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

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.

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 hours or days.

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 16<sup>th</sup> Street, NW  
Lower Level  
Washington, DC 20036  
(202) 659-2050