

Gary S. Reiter, M.D.
Surgery and Diseases of the Eye

Patient: _____ Date: _____

INSTRUCTIONS FOR PATIENTS RECOVERING FROM EYE SURGERY

Do not remove eye shield! Dr. Reiter will do this the next day at his office.

First Post Operative Appointment: Date: _____ Time: _____

Medications (Eye Drops)

VIGAMOX (Moxifloxacin)- This is an antibiotic to prevent infections. One drop to the operated eye 4 times per day (breakfast, lunch, dinner and bedtime) for two weeks. This drop is to be obtained from the pharmacy with prescription.

PREDNISOLONE (Prednisolone Acetate 1%)- Shake 10 times. This is an anti inflammatory medication to help the eye heal. One drop to the operated eye 4 times a day (breakfast, lunch, dinner and bedtime) for two weeks and taper as directed below. This medication is to be obtained from the pharmacy with prescription.

DICLOFENAC- This is an anti inflammatory medication to help the eye heal. Take one drop to the operated eye 4 times a day (breakfast, lunch, dinner and bedtime) for six weeks. This medication is to be obtained from the pharmacy with prescription.

	VIGAMOX	PREDNISOLONE	DICLOFENAC
Surgery Day	4X/day	4X/day	4X/day
Week 1	4X/day	4X/day	4X/day
Week 2	4X/day	4X/day	4X/day
Week 3	_____	3X/day	4X/day
Week 4	_____	3X/day	4X/day

1. It is very important that you **do not rub** your eyes for two weeks following your surgery.
2. **You will begin using your drops on the day of surgery.** You may place your drops in your eye in any order. Shake the drops vigorously 10 times before each use. Put in the first medication, close your eye gently, wait 2 or 3 minutes, then put in the second medication, close your eye gently, wait 2 or 3 minutes, then put in the third medication. This is to ensure that the drops get absorbed into your eye.

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3. The drops may leave a harmless white residue in the corner of your eye. Just gently wipe it away.
4. If you think the drop missed your eye, go ahead and instill another drop in the eye.
5. Wash hands immediately before cleansing or putting any drops in your eyes.
6. Tylenol may be used for discomfort the first night. Eye drops may sting for a few seconds.
7. Bring your eye drops every visit. Resume any medications you were taking from other doctors as directed.
8. Visual recovery is variable. Do not be alarmed if your vision is blurry for the first few days!

Activities

1. The morning after surgery, you may resume almost all of your normal activities such as: driving, taking a shower, washing your face, watching TV, light exercising, stooping, and lifting less than 40 pounds, walking, golf, and reading.
2. Avoid swimming, getting into Hot Tub/Jacuzzi/Steam Bath/Sauna or diving underwater for 2 weeks.
3. It is okay to apply light eye make-up starting 3 days after your surgery, but be sure to purchase and use new mascara, eyeliner or other make-up since the old products may predispose you to infection.
4. Sleep on opposite side or back for **the first 3 days.**
5. **DO NOT RUB EYE** for two week following the procedure. You may use a new Kleenex or tissue or cotton ball to gently dab the eye, but do not rub it with any force. Do not reuse tissues or cotton balls.
6. Keep eyes covered at all times by regular glasses, solar shields, or eye shield. **Always** wear your shield in the shower or when sleeping or napping for the **first 2 weeks post op.** **Keep eye shield clean.**
7. You should avoid jarring activities such as jogging, especially on hard pavement for one week. Avoid activities where eye trauma is likely (boxing, tackle football and other aggressive sports) for 3 months.
8. Bend at the knees, not at the waist for the first three days.

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The Normal Healing Process

Your eye takes a little while to heal and adapt to looking through the new man-made lens implant. With the premium lens implants, there is a period of at least a few weeks where the brain adapts to the new vision. Each one of your eyes will heal and adapt to the new vision differently, and a difference between the normal healing process for the two eyes is not unusual.

Symptoms: a modest amount of redness, irritation, and tearing is normal as the eye heals. Some patients feel the microscopic incisions as they heal, and they report a sensation of a grain of sand or eyelash in the eye. These symptoms are normal and usually relieved by use of the eye drop medications.

Vision: As the eye stabilizes and gets used to looking through the man-made lens implant, a mild to moderate amount of blurring, fluctuation, or shimmering of the vision is normal. Since the new lens is crystal clear, you will initially be more sensitive to bright light. You can use the sunglasses that we provided or your own sunglasses to make yourself more comfortable, but they are not required. If you had premium multi-focal lens implants, seeing some glare or halos around bright lights at night is normal and tends to diminish as the eye and brain adapts to the new vision. Your old glasses will probably not work too well, and you will likely see better without them, but there is no harm in using them. Glasses will be prescribed in a few weeks during your follow-up care visits.

Problems

In the event of unusual pain, a dramatic decrease in vision, flashing lights like fireworks, a striking increase in redness or for any other issues, call the office at 949-646-2471. If the office phone does not pick up, call Dr. Reiter on his cell phone, 949-285-1433.