

PREPARATION GUIDE FOR YOUR PROCEDURE

Date of Procedure: _____ Arrival Time: _____ A.M./ P.M.

Location: _____

Procedure: _____ Operative Eye: ☐ Right Eye ☐ Left Eye ☐ Both Eyes

BEFORE YOUR PROCEDURE:

1. **NO FOOD AND LIQUIDS (NOT EVEN WATER) at least 8 hours before your procedure.**
2. You may take your high blood pressure, heart, and thyroid medication with a small sip of water. If you are diabetic **DO NOT TAKE** oral diabetic medication the morning of procedure. However, if you are on insulin, please take half of your prescribed dosage the morning of your procedure.
3. You will need someone to drive you home after procedure and to your post-operative appointment the next day. **This is very important. The surgery center will not authorize a release to any transportation service without the presence of a responsible party of legal age.**
4. Anesthetic will be administered by intravenous injection through the hand/arm.
5. Wear casual, loose fitting clothing. A shirt or blouse that buttons is best.
6. **Please remove contact lens in surgical eye, _____ days, prior to procedure.** No make-up or jewelry on the day of procedure. Please leave your valuables at home. Please bring your photo I.D., insurance card, and method of payment to the surgery center.

PREOPERATIVE EYEDROP MEDICATIONS

STARTING 2 DAYS PRIOR TO YOUR PROCEDURE PLEASE BEGIN INSTILLING:

- 1.) ➔ **BESIVANCE (ANTIBIOTIC):** Instill 1 drop 3 times a day in the operative eye.
(INSTILL AT BREAKFAST, LUNCH, DINNER)
-OR-
(GENERIC: MOXIFLOXACIN, OFLOXACIN)
- 2.) ➔ **PROLENSA (ANTI-INFLAMMATORY):** Instill 1 drop daily in operative eye
-OR-
(GENERIC: BROMFENAC)

- **DO NOT INSTILL ANY EYEDROP MEDICATIONS ON THE MORNING OF YOUR PROCEDURE**
- **RESUME YOUR EYEDROP MEDICATIONS 3 HOURS AFTER RETURNING HOME**

AFTERCARE INSTRUCTIONS

Follow up appointment at our: _____ office

Date: ____/____/____ Time: _____ A.M./ P.M. with Dr. _____

CALL (714) 771-1213 IF YOU HAVE:

1. Increasing Pain.
2. Increasing thick yellow mucous discharge.
3. Decreasing Vision.
4. Any Questions.

HOW TO TAKE EYE DROPS AFTER PROCEDURE:

1. Wash your hands well.
2. Please use all drops instructed before your follow up visit.
3. Please wait at least 2 minutes before instilling your next eye drop.

LIMITATIONS FOLLOWING PROCEDURE:

1. Do not get the eye wet while showering or bathing for 1 week after procedure.
2. Do not wear eye make up for 1 week after procedure.
3. You may drive, take walks, or watch TV if your eye feels comfortable.
4. Limit close work or reading for at **least 3 days** after surgery.
5. **Crystalens/Trulign lens:** Please use over the counter readers for 2 weeks after surgery
6. For 2 weeks following surgery, **do not** lift objects over 25 pounds and **do not** bend over to pick things off the floor.
7. Your vision will gradually improve and will usually be at its best 6 weeks after the procedure.
Patients' healing time will vary.
8. No straining; if constipated, take a laxative such as Milk of Magnesia.
9. Bring all your surgical drops with you to all postoperative visits.
10. Resume all other medications and preoperative diet.
11. Wear your eye shield for the first 24 hours and then at bed time for only 1 week after procedure.
12. Wear sunglasses when you're outdoors for 2 to 3 weeks following procedure.
13. No flying/traveling to high altitudes (Over 10,000 ft.) for 5 days following your procedure.

AFTERCARE EYE DROP MEDICATIONS REGIMEN

START YOUR EYE DROP MEDICATIONS 3 HOURS AFTER RETURNING HOME

1.) ANTIBIOTIC- INSTILL ONE OF THE FOLLOWING MEDICATIONS:

- ☐ Vigamox: 1 drop 3 times daily for 2 weeks in operative eye
- ☐ Besivance: 1 drop 3 times daily for 2 weeks in operative eye
- ☐ Moxifloxacin/Ofloxacin (Generic): 1 drop 4 times daily for 2 weeks in operative eye

2.) ANTI-INFLAMMATORY- INSTILL ONE OF THE FOLLOWING MEDICATIONS:

- ☐ Prolensa: 1 drop daily for 4 weeks in operative eye
- ☐ Ilevro: 1 drop daily for 4 weeks in operative eye
- ☐ Bromsite: 1 drop daily for 4 weeks in operative eye
- ☐ Bromfenac (Generic): 1 drop daily for 4 weeks in operative eye

3.) STEROID- INSTILL ONE OF THE FOLLOWING MEDICATIONS:

- ☐ Durezol:
 - WEEK 1: 1 drop 2 times daily for 1 week in operative eye
 - WEEK 2: 1 drop daily for 1 week in operative eye
 - WEEK 3: 1 drop 1 time daily every other day for 1 week in operative eye
- ☐ Durezol: (Crystalens/Trulign Only)
 - WEEK 1: 1 drop 4 times daily for 1 week in operative eye
 - WEEK 2: 1 drop 3 times daily for 1 week in operative eye
 - WEEK 3: 1 drop 2 times daily for 1 week in operative eye
 - WEEK 4: 1 drop 1 time daily for 1 week in operative eye
 - WEEK 5: 1 drop 1 time daily for 1 week in operative eye
 - WEEK 6: 1 drop 1 time daily every other day for 1 week
- ☐ Pred Forte/Prednisolone (Generic)
 - WEEK 1: 1 drop 4 times daily for 1 week in operative eye
 - WEEK 2: 1 drop 3 times daily for 1 week in operative eye
 - WEEK 3: 1 drop 2 times daily for 1 week in operative eye
 - WEEK 4: 1 drop 1 time daily for 1 week in operative eye
- ☐ Lotemax SM:
 - WEEK 1: 1 drop 4 times daily for 1 week in operative eye
 - WEEK 2: 1 drop 3 times daily for 1 week in operative eye
 - WEEK 3: 1 drop 2 times daily for 1 week in operative eye
 - WEEK 4: 1 drop 1 time daily for 1 week in operative eye

BEFORE SURGERY

DATE OF SURGERY: _____ OPERATIVE EYE: _____

2 DAYS BEFORE	1 DAY BEFORE
MOXIFLOXACIN	MOXIFLOXACIN
□□□□ 4 TIMES	□□□□ 4 TIMES
BROMSITE	BROMSITE
□ 1 TIME	□ 1 TIME

BEGIN MOXIFLOXACIN AND BROMSITE,
STARTING 2 DAYS PRIOR TO SURGERY, AND
ALL EYE DROP MEDICATIONS AS
INSTRUCTED AFTER SURGERY.

- ✓ WAIT 2 MINUTES BETWEEN EYE DROP MEDICATIONS
- ✓ PLEASE FOLLOW THE AFTER SURGERY INSTRUCTIONS BELOW FOR ALL EYE DROP

AFTER SURGERY

WEEK 1						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MOXIFLOXACIN	MOXIFLOXACIN	MOXIFLOXACIN	MOXIFLOXACIN	MOXIFLOXACIN	MOXIFLOXACIN	MOXIFLOXACIN
□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES
BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE
□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME
PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE
□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES
WEEK 2						
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
MOXIFLOXACIN	MOXIFLOXACIN	MOXIFLOXACIN	MOXIFLOXACIN	MOXIFLOXACIN	MOXIFLOXACIN	MOXIFLOXACIN
□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES	□□□□ 4 TIMES
BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE
□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME
PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE
□□□ 3 TIMES	□□□ 3 TIMES	□□□ 3 TIMES	□□□ 3 TIMES	□□□ 3 TIMES	□□□ 3 TIMES	□□□ 3 TIMES
WEEK 3						
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE
□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME
PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE
□□ 2 TIMES	□□ 2 TIMES	□□ 2 TIMES	□□ 2 TIMES	□□ 2 TIMES	□□ 2 TIMES	□□ 2 TIMES
WEEK 4						
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE	BROMSITE
□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME
PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE	PREDNISOLONE
□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME	□ 1 TIME