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(Surgical Booking)

Cataract post-operative information:

EYE DROPS

VIGAMOX, PRED FORTE, NEVANAC



VIGAMOX



PRED FORTE



NEVANAC

Start **ALL DROPS** one day before your surgery

Instill drops in operated eye four times daily.
Continue these drops the morning of your surgery.

The **VIGAMOX** , **PRED FORTE** and **NEVANAC** are taken for one week.

POST-OPERATIVE DROPS

HOW TO INSTILL DROPS

- Pull your lower lid down with one hand, forming a "pouch". Look up
 - Put one drop of medicine in the pouch. Try not to touch the tip of the bottle to your eyelid, eyelashes, or any other place.
 - Close your eyes for one full minute after each drop.
 - Wait for five minutes between each drop.
 - If the above is difficult, lie on the bed and repeat the above instructions while looking up at the dropper.
 - The PRED FORTE bottle should be shaken prior to use.
 - It is okay to put in another drop if you think you missed the first time.
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- On the day of your surgery, before you go to the surgical center, do one drop of each.
 - When you get home after your surgery, Use the Vigamox EVERY HOUR until bedtime. Use the Pred Forte and Nevenac, one drop of each, four times on the day of surgery.
 - The day after your surgery, (Usually Wednesday), use all three drops Vigamox/Nevenac/ Pred Forte four times a day. Wait 5 minutes between each drop. Continue Vigamox until the bottle is empty. The Pred Forte and Nevanac are used until otherwise ordered by your surgeon.
 - Use extra drops if your eye is uncomfortable or if you think you may have missed the eye.
 - Get a new set of drops for the second eye surgery (if applicable). You should have automatically been given refills on your prescription.

On our website on the forms and handouts page we have a printable “Cataract Eye Drop Schedule”, which is a table where you check off your drop doses as you administer them. Some patients have found it helpful to keep track of things.

****It is very important to use your drops as prescribed. Failure to do so can lead to postoperative complications, including infection.****

- Do not rub your eye. Your incision is located under the upper lid.
- Take Tylenol for any mild discomfort.
- Avoid getting water in your eyes for 48 hours following surgery. Avoid swimming for least 1 week.
- Wear the plastic eye shield at night for 2-5 days to protect your eye. The shield may be applied using tape. This is to prevent poking or rubbing your eye while you sleep.
- Sunglasses may be worn when outdoors for comfort. They may also be worn indoors, as well, if your eyes are sensitive to bright room light. Do not lift anything heavy (>25-pounds, including pets and grandchildren) for 5 days.
- Moderate bending is permitted; however it is not recommended that you bend over for extended periods of time (no more than 10 minutes). Minimize physical activity for 5 days (tennis, bowling, curling, sex, golf, etc.)

WHAT IS NORMAL AFTER SURGERY?

- Some mild discomfort and blurring – use extra drops if this feels better
- Double vision especially after a patch comes off
- Haloes around lights
- Light sensitivity
- Scratchy eye...like you have a hair in it.
- Pink tears
- Bruising in or around the eye

WHAT IS NOT NORMAL AFTER SURGERY?

Fortunately, the more serious complications of cataract surgery are very rare:

- Persistent pain not relieved by eye drops
- Loss of vision
- Vomiting and/or nausea
- Persistent redness and discharge (pus)

If any of these occur within the first 12 days of your surgery, contact the office immediately during regular office hours at **403 245-3171**.

If you are unable to get in touch with your surgeon you may also call the HealthLink at 811. Only proceed to the emergency room at Rockyview only if you are unable to get in touch with anyone.

RESCHEDULING/CANCELLING

If you need to cancel or reschedule your surgery, we need at least one week’s notice. If you do not provide one week’s notice there will be a rebooking fee of \$100. Exceptions are made for emergency situations with supporting documentation. Please call Surgical Booking at 403 245 3171 as soon as you can if you need to change/cancel your surgical date(s).