

## **Before and After Cataract Surgery**

Your doctor will utilize the most up-to-date techniques and materials for your cataract surgery. The intraocular lens (IOL) placed inside your eye represents one of the most modern technological advances. But perfect outcome cannot be achieved unless you do your part after cataract surgery.

You should start using two eye drops (#1 antibiotic and #2 non-steroidal anti-inflammatory on the bottom list) the day before surgery. Use each one of them four times on the day before surgery, and one time in the morning of surgery day. Do not take breakfast on the day of surgery. Do not take diabetic pills on the day of surgery. You should stop any blood thinner (aspirin, plavix, Coumadin) at least 3 days before surgery.

Your first follow-up office visit will be on the day after the surgery. It is normal to have mild itching, scratchiness, lid sticking and a little mucous discharge. A mild discomfort can usually be controlled by taking two Tylenol tablets every 4-6 hours. Use a sterile cotton tip or a clean tissue to wipe the lid and lid margins to clean off any crusted matter. Do not press on the eye. Some vision fluctuation is to be expected in the first 3 weeks during the healing process. However, if you are having an unusual amount of pain and sudden loss of vision, call the office right away. These are early signs of infection.

For the first week, please wear sunshade when you go out and your metal shield when you sleep. Do not lift weight more than 20 lbs. Use your eye drops as follows:

1. An antibiotic eye drop (Besivance, Zymar, Vigamox) 4 times a day for 1 week, decrease to 3 times a day for 3 days, twice for 3 days, once for 3 days and then quit.
2. A non-steroidal anti-inflammatory drop (Diclofenac, Acular, Nevanac, Bromday) 4 times a day for 1 week, 3 times a day for 3 days, twice a day for 3 days, once a day for 3 days, then quit.
3. A steroid eye drop (Pred Forte, OmniPred, Econopred, Lotemax) 4 times a day for 1 week, 3 times a day for 1 week, twice a day for 1 week, once a day for one week, then quit.

Your second follow-up visit will be 2 to 3 weeks after the first visit. This is also the last follow-up and a glasses prescription will be given to you. Enjoy your good vision after cataract surgery.