

# BEFORE AND AFTER CATARACT INSTRUCTIONS AND DROPS

PATIENT NAME \_\_\_\_\_

**SURGERY DAY IS ON** \_\_\_\_ / \_\_\_\_ / \_\_\_\_ **AT** \_\_\_\_\_

**ARRIVAL TIME FOR SURGERY IS** \_\_\_\_:\_\_\_\_ **AM PM** **PHONE** \_\_\_\_\_

1-DAY POST-OPERATIVE VISIT IS ON \_\_\_\_ / \_\_\_\_ / \_\_\_\_ AT \_\_\_\_:\_\_\_\_ AM PM

WITH DR. \_\_\_\_\_ PHONE \_\_\_\_\_

AT \_\_\_\_\_

1-WEEK POST-OPERATIVE VISIT IS ON \_\_\_\_ / \_\_\_\_ / \_\_\_\_ AT \_\_\_\_:\_\_\_\_ AM PM

WITH DR. \_\_\_\_\_ PHONE \_\_\_\_\_

AT \_\_\_\_\_

## BEFORE SURGERY INSTRUCTIONS

1. If your surgery is scheduled in the morning, do not eat or drink the night before your surgery after midnight.
2. If your surgery is scheduled for the afternoon, you may have a light breakfast of toast and clear juice, only before 6:30 am.
3. Take your regular oral medications with a small sip of water on the morning of your surgery.
4. **If you are diabetic and take insulin:** only take (1/2) one-half of the long lasting insulin and (0) none of the short acting insulin.
5. **If you are diabetic and take oral medications for diabetes:** do not take the oral medications until after surgery!
6. **Use your regular eyedrops** in both eyes (glaucoma drops, artificial tears, Restasis, etc.) unless directed to stop by your doctor.
7. You must have transportation on the day of surgery.
8. Wash your face thoroughly the night before surgery and the morning of surgery.
9. Do not wear makeup the day of surgery.
10. Bring drops, Driver's License and Insurance Card to all appointments (including Surgery Center).



EYE CENTER OF TEXAS

Leaders in Eye Care

## AFTER SURGERY INSTRUCTIONS AND DROPS

After Surgery, there are 2 bottles to use.

STEP  
1



### BROMSITE DROPS

USE ONE (1) DROP, ONE (1) TIME  
A DAY FOR THREE (3) WEEKS  
AFTER SURGERY, THEN STOP

OR



### KETOROLAC DROPS

USE ONE (1) DROP, THREE (3) TIMES  
A DAY FOR THREE (3) WEEKS AFTER  
SURGERY, THEN STOP

## WAIT FIVE (5) MINUTES BETWEEN DROPS

STEP  
2

LOTEMAX, PRED  
FORTE, DUREZOL, OR  
PREDNISOLONE ACETATE

WEEK ONE: USE ONE (1) DROP THREE (3) TIMES A DAY  
WEEK TWO: USE ONE (1) DROP TWO (2) TIMES A DAY  
WEEK THREE: USE ONE (1) DROP ONCE A DAY, THEN STOP

NOTE: The Doctor will instruct you on how to use your drops on each post operative visit.  
**Bring your drops with you to your office visits in case you have questions.**

1. If you experience any discomfort after surgery, you may take two (2) Advil or Tylenol. If this doesn't relieve your discomfort, please call our office at **713-797-1010. DO NOT RUB THE EYE.**
2. Do nothing strenuous for 1 week. You may do some light housework, cooking, or walking, but not bending over at the waist. Do not lift anything over 20 lbs for one week. No swimming or any activities in which your eye may be directly hit. No yard work or gardening until approved by the doctor.
3. Do not use any eye makeup on the operated eye for one week after surgery.
4. You may wash your face, but make sure you close your eyes so that no soapy water or foreign material gets into the eye. You may shower, shave, and wash your hair the day after surgery.
5. Excessive and unnecessary travel should be avoided for 3 days. You may drive, if necessary, if the doctor tells you it is safe to do so at your follow up visit.
6. You may eat after surgery and resume your regular diet after surgery.
7. **Use your regular eyedrops** in both eyes (glaucoma drops, artificial tears, Restasis, etc.) **unless** directed to stop by your doctor.
8. Although you will be able to see out of the operative eye, your vision will likely be blurry. If at any time you experience sudden or drastic loss of vision, or severe pain, call our office at once, even after hours or during the weekend: 713-797-1010.



