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www.DevganEye.com

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Post-Op Instructions for Cataract or Lens Surgery

Medications (Eye Drops):

VIGAMOX (moxifloxacin) – This is an antibiotic in order to prevent infections.

One drop to the operated eye 3 times per day (morning, noon, evening) x 1 week

This drop is to be obtained from your local pharmacy with prescription.

DUREZOL (difluprednate) – This is an anti-inflammatory medication to help the eye heal.

One drop to the operated eye 2 times per day (morning, evening) x 1 week

then 1 time per day (morning only) x 1 week, making for 2 weeks total

This drop is to be obtained from your local pharmacy with prescription.

ILEVRO (nepafenac) – This is an anti-inflammatory medication to help the eye heal.

One drop to the operated eye once per day (bedtime) x 4 weeks

This drop is to be obtained from your local pharmacy with prescription.

			
VIGAMOX	DUREZOL	ILEVRO	
Week 1	3x/day (morning, noon, evening)	2x/day (morning, evening)	once/day (bedtime)
Week 2	--	1x/day (morning only)	once/day (bedtime)
Week 3	--	--	once/day (bedtime)
Week 4	--	--	once/day (bedtime)

- It is very important that you do not rub your eye for one week following the procedure
- On the day of surgery you do not need any more drops. We already put them in your eye at the surgery center.** Leave the eye alone and let it rest for the 24 hours after the surgery.
- Starting the day after surgery, you may place your drops into the operated eye in any order. Put the first medication, wait 2 or 3 minutes, then put in the second medication, wait 2 or 3 minutes, then put in the third medication. This is to ensure that the eye drops are absorbed into your eye.
- The drops may leave a harmless white residue in the corner of your eye. Just gently wipe it away.
- If you think the drop missed your eye or rolled onto your cheek, go ahead and instill another drop in the eye.
- If your insurance does not cover the cost of these medications, we give you our sincere apologies. These are your eyes and you deserve the best. We are unaware of any generic medications which are as good as these brand name prescriptions.

Your Activities:

- 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, lifting (items less than 40 pounds), playing golf, walking, reading, etc.
- It is okay to apply light eye make-up starting 72 hours after your surgery, but be sure to purchase new mascara, eyeliner, or other eye make-up since the old products may predispose you to infection.
- Avoid swimming, getting into hot tub/Jacuzzi/steam bath/sauna or diving underwater for 1 week.
- You should avoid jarring activities such as jogging, especially on hard pavement, for 1 week.
- Avoid rubbing the eye for 1 week following the procedure. You may use a new tissue or Kleenex to gently dab the eye, but please do not rub the eye. Do not use the same tissue more than once. If you have itching or irritation, you may certainly instill more eye drops (try an extra dose of the Durezol).

The Normal Healing Process:

The eye takes a little time to heal as well as to adapt to looking through the new man-made lens implant. With cataract surgery there is a period of at least a few weeks where the brain needs to adapt to the new vision. You've looked through a human lens (which became the cataract) for decades and now you'll adapt to looking through a new man-made lens. Each eye tends to heal and adapt to the new vision somewhat differently, and a difference in the normal healing process between the two eyes is not unusual.

Symptoms: a modest amount of redness, irritation, or 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 are usually alleviated by use of the eye drop medications.

Vision: On the day of surgery the vision in the eye should be blurry and cloudy – this is 100% normal since your pupil will still be dilated from the surgery. Do not worry. Give it time for the eye to recover from surgery.

As the eye stabilizes and gets used to looking through the man-made lens implant, a mild to moderate amount of fluctuation, blurring, 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 provide or your own sunglasses in order to feel more comfortable, but they are not required. If you had premium multi-focal lens implants, seeing some glare / halos, particularly around bright lights is normal and this tends to diminish as the eye and the brain adapt to the new vision. Your old glasses will likely not work too well, and you'll probably see better without them, but there's no harm in using them. If needed, new glasses can be prescribed for you in a few weeks.

Problems:

If you develop severe pain, a dramatic decrease in vision, flashes of light like seeing fireworks, or a striking increase in redness and discharge, or if you have any serious issues, please call **Dr Devgan on his cell phone 310-612-3993.**

Your post-operative visit is scheduled for _____ at: _____

Location: Dr. Devgan's Office, 11600 Wilshire Blvd. Suite 200, Los Angeles, CA 90025 telephone 1-800-337-1969