

Uday Devgan, MD, FACS, FRCS

Post-Op Instructions for Cataract Surgery

Medications (Eye Drops):

Moxifloxacin (Generic is fine) – 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.

Difluprednate (Generic is fine) – 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.

Bromfenac (Generic is fine) – 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.

Note that all three of these medications are available as generics and they should be covered by most insurance plans. We are unable to arm wrestle your insurance company to pay for these, so if they do not cover these medications, you may do better looking online for the best prices and self-paying. As of November 2021, the lowest online prices are about \$20 for generic moxifloxacin, \$60 for generic difluprednate, and \$60 for generic bromfenac.



	MOXIFLOXACIN	DIFLUPREDNATE	BROMFENAC
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)

- On the day of surgery you do NOT need any more eye 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.
- It is very important that you do not rub your eye for one week following the procedure
- Starting the day after surgery, you may place your drops into the operated eye in any order. Always wait 2 or 3 minutes between drops to give the first one time to absorb.
- 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. You cannot overdose on these drops, so if you can't remember if you used the drop, go ahead and put in another.

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. You should avoid jarring activities such as jogging, especially on hard pavement, for 1 week after surgery.
- It is okay to apply light eye make-up starting 1 week 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 can fly the day after the surgery. There are no restrictions with altitude.
- You may use artificial tears, just be careful not to wash out the medication drops with the artificial tears. Avoid rubbing the eye for 1 week following the procedure. You may use a new tissue or Kleenex to gently dab the eye, but 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.

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 the premium lens implants, 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 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. The pupil may be dilated or constricted for a day or two after surgery – it will return to normal in a few days.

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. You may see a flickering of images or light for a few weeks. There may be a dark crescent-shaped shadow in your vision for a few weeks.

Vision: 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 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, 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 other 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