

Patient Instructions: Post-Cataract Surgery
Dr. Sonia Yuen

Eye Medications

- You have been prescribed 3 different eye drops: Prednefrin Forte, Ocuflax and Acular.
 - **2 days before** the surgery:
Start **Ocuflax** and **Acular**, 1 drop of each medication, 4 times a day
 - On the day of the surgery:
Do not use any drops on the operated eye
Keep the eye shield on (and continue to do so while asleep for 3 weeks after the surgery)
 - **From the 1st day after the surgery:**
Use all **3 medications (Prednefrin Forte, Ocuflax and Acular)** as follows
1 drop each every 3 hours for 2 days then
4 times per day for 2 weeks then
3 times per day for 2 weeks then
2 times per day for 2 weeks then
1 time per day for 2 weeks then stop all drops
 - You will need to refill the script for Prednefrin Forte and Acular.
 - No need to continue Ocuflax after the first bottle is finished.
- Do not get up at night to put in the drops or ointment.
- The order of the drops is not important, but read the label to ensure that you have the correct eye drop.
- Discontinue any previous eye medications to the operated eye, unless otherwise instructed.
- Keep the eye drop bottles in a cool place or in the refrigerator.
- Shake the bottles well before use.
- Wash your hands with soap and water before handling any eye drops or touching the eye.
- Do not allow the tip of the bottle to touch your eye, eyelashes, or hands.
- If you are using drops and ointment at the same time, use the drops first then the ointment.
- If using eye ointment, place the ointment onto a cotton bud, and then gently smear the ointment onto the eyelid from the cotton bud.
- How to apply the eye drops:
Look up and gently pull down the lower lid with your finger.
Then gently squeeze the bottle and instill one drop.
Remove your finger and gently close the eye.
Wait at least 2 minutes before the next drop.
- Take your eye medications with you each time you see the doctor.

Eye Protection

- Avoid accidentally bumping your eye.
- Wear glasses (old glasses, sunglasses—any type will do) by day and the clear plastic shield while asleep for 3 weeks after surgery--the shield may be held in place with micropore or sticky tape.

What to Expect

- It is normal for your eye to be red and have some discharge.
The eye may be gritty and watery.
The vision may be blurred or fluctuate.
You may experience double vision or tilted vision. This may last up to 24 hours.
You may notice floaters, lines or shadows.
Your eye will be sensitive to light for several weeks.

Physical Activity

- No strenuous activity (gardening, lifting heavy objects) for 2 weeks.
Bending over is okay as long as you don't lift heavy objects.
No restrictions on reading, watching TV, walking, shopping, showering, etc, but minimize contact of the operated eye with water for 3 weeks.
No swimming for 6 weeks.

Contact Dr. Yuen immediately

- Severe pain or Severe blurring of vision.
- Marked increase in the redness of the eye.

Contact details: **Surgery (M-F 9am-5pm): 3831-0101**