**Dr. Sonia Ahn Yuen**

**Patient Instructions: Post-Cataract Surgery**

**Eye Medications**

* You have been prescribed 3 different eye drops**:** Prednefrin Forte (or Maxidex), Ocuflox and Acular
* 2 days before the surgery:

 Start Ocuflox 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 1 day after the surgery:

 Use all 3 medications (Prednefrin Forte/Maxidex, Ocuflox 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 scripts.
* Do not get up at night to put in the drops.
* 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.
* How to apply the eye drops:

Look up and gently pull down the lower lid with your finger and then gently squeeze the bottle and instill one drop.

Alternatively, keep the eye closed and instill the drop in the inner corner of the eye and remain still for a minute.

Wait at least 2 minutes before the next drop.

* Take your eye medications with you each time you see the doctor.

**Eye Pad**

* Leave the eye pad on overnight and remove it the following day, unless instructed otherwise by Dr. Yuen.
* No restriction on showering but keep the eye dry by not directing the shower water/wash basin waterdirectly onto the eye.

**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 may be sensitive to light for several weeks.

**Physical Activity**

* No strenuous activity (gardening, lifting heavy objects) for 3 weeks.
* No swimming for 6 weeks.
* Try to NOT bend over and don’t lift heavy objects for at least 3 weeks.
* No restrictions on reading, watching TV, walking, shopping, etc.
* No restriction on showering but keep the eye dry by not directing the shower water/wash basin waterdirectly onto the eye.

**Eye-Drop Instructions Continued**

You have been prescribed **THREE** different eye drops to use:

**ACULAR (Anti-Inflammatory)**

**OCUFLOX (Antibiotic)**

## **MAXIDEX / Pred forte (Anti-Inflammatory)**

Please bring your eye drops with you to your post-operative appointments

* Tick and flick chart for both before and 9 weeks after surgery can be found on the following pages, you may use this to easily track your eye drop schedule
* You need to start using the eye drops 2 days before surgery
* After 9 weeks you do not need to use any more drops
* You will need to refill the repeat prescriptions on all the above eye drops

**Eye Drop Dosage – Acular, Ocuflox & Maxidex / Pred Forte**

**Before Surgery:** Start using eye drops 2 days before your surgery, 4 times daily

**Day of Surgery:** On the day of surgery do not use any eye drops in the operated eye

**Following Surgery**

Week 1: Day 1 & 2 you are to use each eye drop every 3 hours

 Day 3-7 instill eye drop 4 times daily

Week 2: Continue eye drops 4 times daily

Week 3: Day 1 & 2 instill each eye drop 4 times daily

 Day 3-7 taper instillation of each eye drop to 3 times daily

Week 4: Continue eye drops 3 times daily

Week 5: Day 1 & 2 instill each eye drop 3 times daily

 Day 3-7 taper instillation of each eye drop to 2 times daily

Week 6: Continue eye drops 2 times daily

Week 7: Day 1 & 2 instill each eye drop 2 times daily

Day 3-7 taper instillation of each eye drop to once daily

Week 8: Continue eye drops once daily

Week 9: Day 1 & 2 continue instillation of eye drops once daily

 Then stop using Acular, Ocuflox and Maxidex

**AFTER THE ABOVE 9 WEEKS YOU ARE TO CEASE USE OF ALL 3 EYE DROPS**

**Eye-Drop Dosing Schedule**

**A** = ACULAR **BLACK BOX =** DO NOT USE

**O** = OCUFLOX

**M** = MAXIDEX / PRED FORTE

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| **Before Surgery** | **2 Days** **Prior** | **1 Day** **Prior** | **Day of Surgery** |
|  | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** |
| Morning |  |  |  |  |  |  |
| Lunch |  |  |  |  |
| Evening |  |  |  |  |
| Bedtime |  |  |  |  |

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| **Week 1** | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|  | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** |
| 7:00am |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10:00am |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1:00pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4:00pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7:00pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10:00pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **Week 2** | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|  | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** |
| Breakfast |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunch |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Evening |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bedtime |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **Week 3** | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|  | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** |
| Breakfast |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunch |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Evening |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bedtime |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **Week 4** | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|  | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** |
| Breakfast |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunch |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bedtime |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **Week 5** | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|  | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** |
| Breakfast |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunch |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bedtime |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Eye-Drop Dosing Schedule Continued**

**A** = ACULAR **BLACK BOX =** DO NOT USE

**O** = OCUFLOX

**M** = MAXIDEX

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| **Week 6** | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|  | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** |
| AM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| PM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **Week 7** | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|  | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** |
| AM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| PM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **Week 8** | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|  | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** |
| AM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **Week 9** | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|  | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** | **A** | **O** | **M** |
| AM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |