

Eye Consultants of Northern Virginia

Michael Goldberg, M.D.

Haresh Ailani, M.D.

Marissa Albano, M.D.

(703) 451-6111

(703) 670-4700

3 DAYS BEFORE SURGERY

Drop		Breakfast	Mid-Day	Bedtime
VIGAMOX (Tan top)	1 Drop <u>3</u> times a day	✓	✓	✓
KETOROLAC (Grey top)	1 Drop <u>3</u> times a day	✓	✓	✓

IMMEDIATELY AFTER SURGERY

Drop		Breakfast	Mid-Day	Bedtime
VIGAMOX (Tan top)	1 Drop <u>3</u> times a day	✓	✓	✓
PREDNISOLONE (Pink top)	1 Drop <u>3</u> times a day	✓	✓	✓
KETOROLAC (Grey top)	1 Drop <u>3</u> times a day	✓	✓	✓

DAY 8 – DAY 14 AFTER SURGERY

Drop		Breakfast	Mid-Day	Bedtime
PREDNISOLONE (Pink top)	1 Drop <u>3</u> times a day	✓	✓	✓
KETOROLAC (Grey top)	1 Drop <u>3</u> times a day	✓	✓	✓

DAY 15 – DAY 30 AFTER SURGERY

Drop		Breakfast	Mid-Day	Bedtime
PREDNISOLONE (Pink top)	1 Drop <u>3</u> times a day	✓	✓	✓

WHAT TO EXPECT IMMEDIATELY AFTER SURGERY

- Glare and possible halos around lights
- Blurred vision for the first 24-28 hours
- Foreign body sensation (scratchiness)
- Possible redness

POST-SURGERY DISCHARGE INSTRUCTIONS

- Wait at least 2 minutes between the different drops. It does not matter which kind is used first.
- Do not drive a car or operate heavy machinery for the next 24 hours.
- Do not consume alcohol, tranquilizers, sleeping pills or non-prescribed medications for the next 24 hours unless approved by your physician.
- Do not make any important decisions or sign any legal documents for the next 24 hours.
- Resume your normal diet

POST-OPERATIVE CARE

- For 3 days after surgery:
 - Wear the plastic shield provided over the operated eye while sleeping
 - Avoid getting water in the eye while showering or washing your face.
 - Do not bend with your head below your waist.
 - Do not lift or carry anything weighing more than 20 pounds.
 - Sleep on the non-operated side or lie on your back.

ACTIVITIES AFTER SURGERY

- You may continue your normal activities after surgery.
- Do not engage in any activity where there is a risk of injury to the eye for one week after surgery – including sports, heavy exercise or swimming.
- Do not wear eye make-up for one week after surgery.
- DO NOT RUB your eye.

NOTIFY THE OFFICE IMMEDIATELY IF:

- Significantly worsening vision
- Significant eye pain
- Significant purulent discharge
- Significantly worsening redness

YOU MAY REACH THE DOCTOR 24 HOURS A DAY BY CALLING EITHER NUMBER ON THE FRONT OF THIS SHEET. IF YOU ARE HAVING A MEDICAL EMERGENCY, CALL 911.