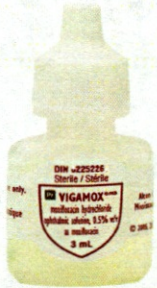


Cataract Surgery Information

Dear Patient,

This instruction sheet contains valuable information about the medications you must take before and after your cataract surgery. Be sure to keep this information handy for reference.

MEDICATIONS



VIGAMOX



PROLENSA



DUREZOL

BEFORE SURGERY

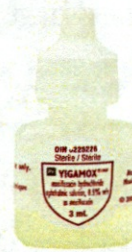
Beginning **2** days **before** surgery, put **1** drop of **VIGAMOX** **3** times per day and **PROLENSA** **1** time per day into the eye that is planned for surgery. **Reminder:** Do not eat anything after midnight the night before surgery; you may drink clear fluids up to 3 hours prior to surgery.

AFTER SURGERY

WEEK 1

Starting the day of surgery once your surgery is completed:

VIGAMOX three (3) times per day
DUREZOL two (2) times per day
PROLENSA once (1) per day



WEEK 2

Continue:
DUREZOL two (2) times per day &
PROLENSA once (1) per day



WEEK 3 + WEEK 4

Continue:
PROLENSA once (1) per day



PHONE: (403) 245-3730

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Eye Physician & Surgeon

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Cataract Surgery Information

ADDITIONAL INSTRUCTIONS

- Instill VIGAMOX and PROLENSA once each the morning of surgery.
- The drops can be started in the operated eye when you arrive home from surgery.
- If you normally use any drops for glaucoma or dry eye, **these should be continued**.
- The order of the drops does not matter, but leave at least 5 minutes between each drop.
- The eye shield should be worn at night– no pad is required underneath– for 1 week after your surgery. It can be taped on with medical/micropore tape. Sunglasses may be worn during the day for comfort.
- You can read and watch television as much as is comfortable.
- You should avoid strenuous exercise or exertion, including lifting any weight >15lbs, dirty/dusty environments and swimming pools/saunas/hot tubs for two weeks after surgery.
- Bending over is okay but try to keep your head raised.
- Some people may feel like they have a grain of sand in their eye during the first 24 hours. This usually settles after the first day.
- You may wash your hair after the second day post-surgery. Try to keep water out of the eyes for two weeks.
- The eye will take 6 weeks to heal and stabilize. Everybody heals at different rates and it is not unusual for the vision to be blurry, especially in the beginning. You may see your optometrist after this time period for new glasses.
- Most people will require glasses to help with reading or hobbies within arm's length; over the counter readers of approximately +1.5 to +2.5 may help initially.
- Times may differ for returning to work and for driving depending on the individual circumstances. Questions regarding this should be directed to Dr. Ford's staff.
- **You will be seeing Dr. Ford the day after surgery at his office, to ensure the eye is healing well.**

NOTE: If you experience significantly worsening vision or severe pain in your operated eye, please call the office. If not during office hours (9-4:30 Mon-Thurs, 9-12 Friday) please call healthLink at 403-943-5465 or go to the Rockyview Hospital Emergency Department.

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