

Post Visit/Post Operative

Post Visit- After the appointment, your eyes will be sensitive to light due to dilation of your pupils. We will be glad to provide some dark shades for you, however, we recommend that someone accompany you to assure your safe return.

Post Operative Instructions- It is very important that you **DO NOT** rub your eye for one week following any surgical procedure. You will begin using your drops on the day of surgery. You may place your drops into the operated eye in any order. Put the first medication, wait 2 or 3 minutes, then put I in the second medication, wait 2 or 3 minutes, then put in the third medication. This is to ensure that the eye drops are absorbed into your eye. 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 medication. 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 the office or Dr Rankin's cell phone.

Brand Name Drops

VIGAMOX-(moxifloxacin)-This is an antibiotic in order to prevent infections. One drop to the operated eye 3 times per day(morning, noon, night).

DUREZOL-(difluprednate)_ This is an anti-inflammatory medication to help the eye heal. One drop to the operated eye 2 times per day (morning, night).

BROMDAY-(bromfenac)- This is an anti-inflammatory medication to help the eye heal. One drop to the operated eye once per day (morning)

Generic Drops

OFLOXACIN- (ofloxacin 0.3%)- This is an antibiotic in order to prevent infections. One drop to the operated eye 4 times per day (breakfast, lunch, dinner, and bedtime)

PREDNISOLONE (prednisolone acetate 1 %)- This is an anti-inflammatory medication to help the eye heal. One drop to the operated eye 4 times per day (breakfast, lunch, dinner, and bedtime).

KETOROLAC- (ketorolac tromethamine 0.5%)- This is an anti-inflammatory medication to help the eye heal. One drop to the operated eye 4 times per day (breakfast, lunch, dinner, and bedtime)

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 20 lbs), playing golf, walking, reading, etc.
- It is okay to apply light eye make-up starting 48 hours 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.
- We recommend that you do not drive for the first week after surgery.

- Avoid swimming, getting into hot tub/Jacuzzi/steam bath/sauna or diving underwater for 1 week.
- You should avoid jarring activities such as jogging, especially on hard pavement, for 1 week. Avoid activities where eye trauma is likely (boxing, aggressive sports, etc) for 3 months.
- 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.