Appointment Date and Time:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with Dr.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Location:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Additional Appointments:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**HEALING SYMPTOMS:** The surface of the eye typically heals within the first three to five days following surgery. During this time period, the eye may feel scratchy or irritated. It is not uncommon for the eye to water and subsequently may cause the nose to run. The vision may also be blurry or fluctuate heavily and you may be sensitive to light. These are normal symptoms and typically resolve within the next few days.

**BANDAGE CONTACT LENS:** A bandage contact lens will be placed on your eye after your procedure. It will protect the eye and significantly reduce your discomfort. The contact lens will be removed for you 3-5 days after surgery. Sometimes the contact lens will be replaced if the eye is taking longer to heal. If the contact lens falls out, call your doctor and keep your eye closed until your appointment. Do not reinsert the contact lens. A new bandage contact lens will be applied that day, or during your next follow up appointment with your doctor.

**DISCOMFORT:** You may experience some discomfort for the first 24 to 72 hours following the procedure. The level of discomfort varies significantly from patient to patient. You may be given prescription medications to take to ease discomfort. If you experience any serious problems or have any concerns, please call your eye doctor or the Specialty Eye Institute where you had your procedure.

**SLEEP:** It is best to sleep as much as possible as this will promote faster healing. Wear the protective shields as instructed.

**ACTIVITIES:** No showering for 24 hours after procedure. Wait one full week before swimming, wearing eye makeup, exercising, or other strenuous activities. No driving until permitted. Avoid dusty/dirty environments until contact has been removed. Avoid rubbing the eye until the contact has been removed.

**VISUAL RECOVERY:**

* Your vision will slowly stabilize over a period of 5 to 10 days and will continue to improve over the next 3-4 weeks.
* Your focus will vary throughout the day and it will take several seconds for objects to become clear. Your depth perception may be lacking for 7-10 days, so take special care, especially when driving. (Your doctor will let you know when you are legal to drive again).
* **It is important to remember that every patient heals differently and at their own pace, so please have patience.**
* Your progress will be monitored at regularly scheduled visits and management will be decided accordingly.

**STANDARD EXAM SCHEDULE:**

* You will have follow-up appointments at day 1 & day 3-4 to check for infection and inflammation.
* You will be monitored until the eye surface heals, usually 3-5 days, to check for infection and inflammation.
* You will also be scheduled for 1 week, 1 month, 3 month, 6 month and 12 month follow ups to check visual recovery and monitor healing.
* You will need to schedule annual eye exams with your eye doctor to check for visual stability and evaluate your general eye health.

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|  | Combo Antibiotic/Steroid Drop | Prednisolone Acetate 1%-Moxifloxacin 0.5% | Use one drop every 1-2 hours while awake in the surgical eye(s) after surgery on day 0. Then use 1 drop 4 times a day until bottle(s) are gone. |
|  | **Combo****Antibiotic/Steroid/NSAID** | **Prednisolone Acetate 1%-Moxifloxacin 0.5% Bromfenac 0.075%** | Use one drop every 1-2 hours while awake in the surgical eye(s) after surgery on day 0. Then use 1 drop 4 times a day until bottle(s) are gone. |
|  | **Antibiotic Drop** | **Ocuflox****Ofloxacin****Moxifloxacin****Polytrim****Polymyxin** | Use 1 drop in the surgical eye(s) 2-3 times after surgery on day 0Continue 1 drop in the surgical eye(s) 4 times per day for 7 days. |
|  | **Steroid Drop** | **Pred- Forte 1%Prednisolone Acetate** | Use 1 drop in the surgical eye(s) every hour while awake on day 0 after surgeryAfter Surgery:1 drop 4 x a day for 14 days1 drop 3 x a day for 7 days1 drop 2 x a day for 7 days1 drop once a day for 7 days Instructions may be adjusted by your doctor pending healing |
|  | **Non SteroidalAnti inflammatory** | **Prolensa – 1 drop per dayKetorolac- 4 drops per day** | As needed for pain for 3 days after surgeryStarting day 1 after surgery |
|  | **Pain/Discomfort** | **NeurontinGabapentin** | 1 capsule 3 times a day every 8 hours as needed for pain for 3 days after surgery(written prescription) |
|  | **Lubrication Drops** | **Systane or Refresh(preservative free is preferred)** | Use 1 drop every 2 hours while awake for 1 week after surgery. Then 1 drop 4 times a day or as needed for comfort. |

**EYE DROPS:** You will be given a prescription and/or eye drops to use. **\*\*Wait at least 5 minutes between each eye drop.** The directions for your medications are below.