

PATIENT INFORMATION FOR CATARACT SURGERY

G. RICHARD COHEN, MD

JOSHUA D. COHEN, MD



BAPTIST HEALTH SURGERY CENTER

1905 CLINT MOORE ROAD, SUITE 115
BOCA RATON, FL 33496
P 561-807-8090



BOCA RATON OUTPATIENT SURGERY AND LASER CENTER

501 GLADES ROAD
BOCA RATON, FL 33432
P 561-362-4440

Pre-Operative Regimen

SURGERY DATE: / /

RIGHT EYE

LEFT EYE

ONE

- PROLENSA / ILEVRO:** 1 drop 1x/day, start 2 days before surgery
- BROMSITE:** 1 drop 2x/day, start 2 days before surgery

TWO

- PRN Dry Eye Omega Benefits / Hydroeyes®**
Liquid: 1 teaspoon per day
Softgels: 4 per day
Start Omega 3s as soon as possible



THREE

- HYPOCHLOR/ AVENOVA®:** Use lid cleaner daily or until finished. Start 3 days prior to surgery in both eyes
- FRESHKOTE® PF:**
1 drop in both eyes 3 or 4 times daily for 1 month



Day of Surgery Regimen

- Use one drop of **PROLENSA** or **BROMSITE** when you wake up the morning of surgery.
- **Do not eat or drink 6 HOURS before surgery.**
- After surgery, take your daily dose of **PRN Dry Omega Benefits®**

General Instructions

- Follow all of your primary care physician's instructions regarding all medications.
- Notify Dr. Cohen if you are taking **Flomax or prostate medications.**
- Take any medically necessary medicines with a small sip of water.
- **Wash hands** before using drops.
- Wait **5 MINUTES** between different drops.
- Store PRN Dry Eye Omega Benefits® Liquid in a refrigerator after first use.
- If you currently take other eye drops, please continue to take them as you normally do unless instructed otherwise.

****VISION MAY BE BLURRY FOR THE FIRST WEEK AFTER SURGERY****


Post-Operative Regimen

****PLEASE BRING ALL DROPS TO OFFICE VISITS****

ANTIBIOTIC

PREVENTS INFECTIONS


- BESIVANCE:** One drop 3x/day for 1-2 weeks (as directed)
- POLYMYXIN:** One drop 4x/day for 1-2 weeks (as directed)
- MOXI/CIPROFLOX:** One drop 4x/day for 1-2 weeks



NSAID

PREVENTS INFLAMMATION AND PAIN


- BROMSITE:** One drop 2x/day for 1 week, then 1x/day for 3 weeks
- PROLENSA:** One drop 1x/day for 4-6 weeks (as directed)
- ILEVRO:** One drop 1x/day for 4-6 weeks (as directed)



STEROID

REGULATES HEALING AND INFLAMMATION

- FLAREX 0.1%/PREDNISOLONE:** One drop 4x/day for 4-6 week taper (as directed)
- LOTEMEX SM:** One drop 3x/day for 4-6 week taper (as directed)
- DUREZOL:** One drop 2-4x/day for 4-6 weeks (as directed)



DROP START DATE →	PRE-OP	DAY OF	WEEK 1	WEEK 2	WEEK 3	WEEK 4
ANTIBIOTIC		2x	4x	stop		
NSAID	1-2x	2x	1-2x	1x	1x	1x
STEROID		2x	2-4x	2-3x	2x	1x

****VISION MAY BE BLURRY FOR THE FIRST WEEK AFTER SURGERY****

Post-Operative Reminders

- **DO NOT RUB THE OPERATED EYE.**
- Wear **eye shield** at night for 1 week.
- **Avoid heavy lifting**, bending, straining, and exercising for 1 week.
- Wear your old glasses if more comfortable. **Wear sunglasses** or tinted shades while outside during the day if more conformable.
- You may take a full-body shower and shampoo 24 hrs after surgery. Close eyes to **avoid getting water in operated eye.**
- **Avoid swimming and gardening** for 2 weeks.
- **Do not wear eye makeup for 1 week.**
- Most people can resume driving several days after surgery. Use your best judgment.
- **Bring all medications** to our office on each post-operative visit.
- Continue taking **PRN Dry Eye Omega Benefits**® (liquid or softgels) and **FRESHKOTE PF**® post-surgery to make sure that eye is producing a healthy tear and to improve quality of vision.
- **Tylenol** may be taken for discomfort. No Advil or aspirin unless approved.

Normal Post-Operative Symptoms

Blurred vision, **halos** around light, eye **tearing**, eye **redness**, and small amount of **mucous** that collects on the eyelids is normal after surgery. A slight **burning** sensation from the drops is also expected. Symptoms should **improve gradually**.

THE FOLLOWING SYMPTOMS REQUIRE URGENT ATTENTION:

- Extreme pain or swelling
- Sudden vision loss
- Significant or thick discharge
- Flashing lights or floaters



Cohen Laser and Vision Center

3020 N Military Trail, Suite 150

Boca Raton, FL 33431

P 561-981-8400

www.cohenlaser.com