PATIENT INFORMATION
FOR CATARACT SURGERY

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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**
**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

**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)

**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 ➔**

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<th>DROP START DATE</th>
<th>PRE-OP</th>
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<th>WEEK 1</th>
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**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 comfortable.
- 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
- Significant or thick discharge
- Sudden vision loss
- Flashing lights or floaters