

Pre-Operative Regimen

SURGERY DATE: / /

RIGHT EYE

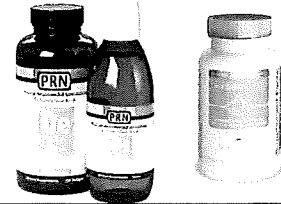
LEFT EYE

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 / OCUSOFT®:**
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



General Instructions


- Follow all your primary care physician's instructions regarding all medications.
- Notify Dr. Cohen if you are taking **Flomax or prostate medications.**
- Take medications only as directed with a small sip of water.
- **Wash hands** before using drops.
- Wait **5 MINUTES** between different drops.
- If you currently take other eye drops, please continue to take them as you normally do unless instructed otherwise.

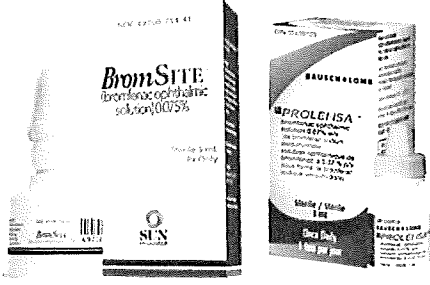
Day of Surgery Regimen


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

Medication Regimen

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

ANTIBIOTIC	<p>PREVENTS INFECTION</p> <ul style="list-style-type: none"> <input type="checkbox"/> BESIVANCE: One drop 3x/day for 1-2 weeks (as directed) <input type="checkbox"/> TOBRA/POLYMYXIN: One drop 4x/day for 1-2 weeks (as directed) <input type="checkbox"/> MOXI/CIPROFLOX: One drop 4x/day for 1-2 weeks 	
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NSAID	<p>PREVENTS INFLAMMATION AND PAIN</p> <ul style="list-style-type: none"> <input type="checkbox"/> BROMSITE: One drop 2x/day for 1 week, then 1x/day for 3 weeks <input type="checkbox"/> PROLENSA: One drop 1x/day for 4-6 weeks (as directed) <input type="checkbox"/> ILEVRO: One drop 1x/day for 4-6 weeks (as directed) 	
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STEROID	<p>REGULATES HEALING AND INFLAMMATION</p> <ul style="list-style-type: none"> <input type="checkbox"/> TOBRADEX ST* / FLAREX 0.1%: One drop 4x/day for 3-6 weeks taper (as directed) <input type="checkbox"/> LOTEMAX SM / PREDNISOLONE: One drop 3-4x/day for 4-6 weeks taper (as directed) <input type="checkbox"/> DEXAMETHASONE / DUREZOL: One drop 2-4x/day for 4-6 weeks (as directed) 	
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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	0 - 1x
STEROID*		2x	2 - 4x	2 - 3x	1 - 2x	0 - 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 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 or Hydroeye Omega Benefits** and **FRESHKOTE PF[®]** post-surgery to make sure your 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 discharge or pus
- Flashing lights or floaters



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