



HOUSTON
LASIK & EYE

HOUSTON · SUGAR LAND · PEARLAND

BEFORE CATARACT SURGERY ON YOUR _____ EYE.
STAFF: RIGHT or LEFT

- **You will need:** a clear plastic eye shield, paper Micropore tape, Solarshield (or similar) post-cataract surgery sunglasses, and some preservative-free artificial tears to recover successfully. A kit, containing everything except the artificial tears, may be purchased in our office for \$10.00, or you may pick up the supplies from a medical supply store. Artificial tears may be purchased at your local drug store or in our office for convenience.
- **You have been** provided prescriptions for the drops below. You may use your drops on the morning of the surgery.

Ilevro or Prolensa or Bromsite	3 days before surgery, start Ilevro or Prolensa 1 drop 1 time a day OR Bromsite 1 drop 2 times a day
Ofloxacin or Besivance	3 days before surgery, start 1 drop 4 times a day
Prednisolone (shake) or Durezol	DO NOT USE (this is for after your surgery)

- **If you are taking** Aspirin, Coumadin, Plavix or other blood thinner, you will need to call your primary care physician to see if these can be discontinued for 7 days prior to surgery. If this cannot be done, please notify this office immediately.
- **The surgery center** will call you to pre-register and pre-admit over the phone. In some cases, the surgery center may require you to go to surgery center to pre-register or pre-admit at least 1 week before the surgery. If you cannot go, your surgery must be cancelled.

Houston Lasik & Eye
281-240-0478 Phone
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Patient: «LastName», «FirstName»
DOB: «DOB»

- The night before surgery **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**. Take all of your usual medicines on the morning of surgery with a sip of water, except for your diabetic medications. **IF YOU ARE AN INSULIN-DEPENDENT DIABETIC AND YOUR MORNING BLOOD SUGAR IS OVER 300, TAKE 1/3 OF YOUR USUAL MORNING INSULIN. OTHERWISE, DO NOT TAKE INSULIN INJECTIONS OR DIABETIC PILLS (HYPOGLYCEMIC AGENTS) ON THE DAY OF SURGERY**, until after surgery is completed. Resume these medicines after surgery as directed by the anesthesiologist or your doctor.
- Please **do not** wear any makeup, perfume, jewelry, or fingernail polish on the day of surgery. They will also instruct you that all undergarments will need to be 100% cotton due to the static electricity produced by the instruments during surgery.
- **You must** have someone available to drive you home or your surgery must be cancelled.
- **Immediately notify** this office about any change in your health before the surgery, even if you develop a cold or flu.
- **After your surgery**, your postoperative care will be transferred from your surgeon to another eye doctor on the Houston Lasik & Eye surgical team.



AFTER YOUR CATARACT SURGERY...

- **When you leave** the operating room, you will have a hard eye shield taped over you eye. You will need to start your eye drops as charted below. Do not worry about the drops that you missed before you had or while you were in your surgery. When applying your drops, lift up your shield by loosening the tape at the **bottom** and then replace.

Prednisolone (shake) or Durezol 1 drop	Ofloxacin or Besivance 1 drop	Ilevro or Prolensa or Bromsite 1 drop
8:00 AM (Breakfast)	8:00 AM (Breakfast)	8:00 AM (Breakfast)
1:00 PM (Lunch)	1:00 PM (Lunch)	
5:00 PM (Dinner)	5:00 PM (Dinner)	
10:00 PM (Bedtime)	10:00 PM (Bedtime)	10:00 PM (Bedtime) Bromsite only

- **Your eye may** be irritated and have mild pain. Over the counter pain medications such as Tylenol should provide relief. If you have severe pain, you should call the office immediately.
- **It is normal** for your vision to be blurry after surgery. Your vision will become clearer as time passes. You will need a new pair of glasses 4 weeks after you cataract surgery to get your best vision. If you had a premium intraocular lens implanted to reduce your dependence on glasses, it may take about 3 months for you to get your best vision.
- **Do not** bathe or wash your face when you get home. Leave the shield on overnight.
- **Resume** all of your medications including eye drops.
- **Stay at home** and rest. For example, you can sleep, read a book, or watch a movie.
- **When you arrive** tomorrow on _____ at _____ for your postoperative appointment, my staff will remove your hard eye shield. Dr. Khokhar or an associate will see you. **Be sure to bring ALL of your eye medications with you, including those unrelated to your cataract surgery. (glaucoma..etc)**
- **If you have** any questions or concerns, please call the office immediately. If it is after hours, call the office and follow the instructions for paging the doctor on call. When paging, please be extra careful to type your call back number in carefully.



AFTER YOUR POSTOPERATIVE APPOINTMENT. . .

- **Use your drops** as instructed below. Four times a day does not mean every 6 hours. You can space the drops to be more convenient. For example, one 4 time a day regiment would be 1 drop at breakfast, lunch, dinner, and bedtime. Remember to wait at least 5 minutes between drops.

(STAFF: CIRCLE PRESCRIBED MEDS. CROSS OUT COLUMNS OF MEDS NOT PRESCRIBED. SCAN IN TO PATIENT CHART.)

Week	Prednisolone (shake)	Durezol	Ilevro/ Prolensa	Bromsite	Besivance/ Ofloxacin
1	4 times a day	3 times a day	1 time a day	2 times a day	4 times a day
2	3 times a day	2 times a day	1 time a day	2 times a day	STOP
3	2 times a day	1 times a day	1 time a day	2 times a day	
4	1 times a day	1 time a day every other day	1 time a day	2 times a day	
5	STOP	STOP	STOP	STOP	

- **If you have** some irritation, you may use one drop of an artificial tear like **Systane or Optive** when needed.
- **You may resume** most regular activities. You may bathe and wash your face cautiously; however, keep yours eyes closed and only gently pat dry the area around the eye. However, please avoid stooping over, lifting heavy objects, and swimming pools/hot tubs for four weeks after the surgery.
- **For the 1st week** after surgery, you will need to wear the sun shades in your operative kit whenever you are outside (they may be worn over spectacles). For the 1st week, you will also need to tape the plastic shield over the surgical eye whenever you nap or go to sleep.
- **It is normal** for your vision to be blurry after surgery. Your vision will become clearer as time passes. You will need a new pair of glasses about 4 weeks after you cataract surgery to get your best vision. If you had a premium intraocular lens implanted to reduce your dependence on glasses, it may take about 3 months for you to get your best vision. If your vision should significantly worsen call the office.
- Unless you upgraded to a premium intraocular lens, you will need glasses after cataract surgery. You can get glasses prescription from our clinic for a fee or at any other place of your choosing.