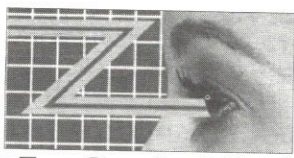


Patient Name EBEL, STEPHANIE  
Date 10-24-14



Post Op Appt. Date 10-25-14  
Post Op Appt. Time 9:20 AM  
MARSHLANE

**Post-Op Location:**

- DOWNTOWN**  
255 E. Weber Ave  
Stockton, CA 95202  
(209) 466-5566
- OCULOFACIAL PLASTIC**  
1801 E. March Lane, A-160  
Stockton, CA 95210  
(209) 461-2160
- MARCH LANE**  
1801 E. March Lane, C-350  
Stockton, CA 95210  
(209) 951-1178
- LODI**  
421 S. Ham Lane, A  
Lodi, CA 95242  
(209) 366-0446
- MANTECA**  
1630 W. Yosemite Ave, 3  
Manteca, CA 95337  
(209) 239-3880
- TRACY**  
36 W. 10th St.  
Tracy, CA 95376  
(209) 834-0700

## Discharge Guidelines for Cataract & Other Eye Procedures

**Eye Patch:**

- You will not need an eye patch.
- You may remove the eye patch at \_\_\_\_\_ pm today and immediately start eye drops as directed.
- The eye patch will be removed at your Post-Operative Appointment. The first set of drops will be started as soon as the patch is removed and further instructions will be given.

**Activity & Restrictions:**

- No bending or heavy lifting for 24 hours.
- Do not rub or press the surgical eye for at least 5 days.
- No driving for 24 hours.
- You may watch TV and/or read as you normally would on surgery day. You may resume normal activities after 24 hours.
- Wear dark glasses outside for one week after surgery or as needed for bright light.
- You may shower the next day after surgery being careful not to allow water into the eye and not to rub or press the eye. If the eye is patched, wait to shower until after the patch is removed.

**What to Expect:**

- There may be some redness in the white area of your eye. This should clear in a short time.
- Your eye may be dilated for up to 2-3 days after surgery, therefore light sensitivity is common after surgery. This will decrease as dilation normalizes.
- Your vision may be blurry for several days after surgery but should gradually clear.
- You should receive your best vision within 3 weeks after surgery.
- Most patients will need a bifocal lens for reading after cataract surgery. A new prescription for glasses will be given approximately 3 weeks after surgery.
- No eye makeup for 1 week after surgery.
- If the eye is patched, pain medication may have been prescribed. Start medication as directed after \_\_\_\_\_ am/pm.  
Rx: \_\_\_\_\_
- Wear CPAP while asleep for the next 24 hours.

**Diet:**

- Upon arriving home, you may eat and drink as you normally would.

**Medications:**

**It is very important for your eye health and recovery to start eye drops as directed below.**

- Shake eye drops before using and begin using all eye drops in surgical eye:
  - as soon as you arrive home.
  - after patch is removed (time to remove patch: \_\_\_\_\_).
- When instilling eye drops, **gently** pull lower eyelid down slightly to allow instillation of eye drops. Wait 2 minutes between instillation of each eye drop to allow full absorption of the drop.
- When instilling eye drops, follow Post Operative Instructions on the back of this sheet.
- You may take 1-2 tablets of 500 mg Tylenol (Acetaminophen) every 8 hours for discomfort **unless** prescribed other pain medication. **Do not exceed** 3000 mg Tylenol (Acetaminophen) in 24 hours.
- You may take your other medications as previously directed by your physician after arriving home.
- Diamox 500mg Take 1 capsule at bedtime and 1 capsule the morning after surgery.

**Contact Us Immediately If:**

- **The eye becomes increasingly painful, or if you experience a decrease in vision.**

When returning for your Post Operative Appointment, please bring the Post Op Kit with all medications. If you run out of your prescription, take your drops to a pharmacy during working hours and they will contact the doctor's office for your correct medication refill.

These instructions have been explained to me. I understand them and have received a copy.

Signature: Inel Morgan

Relationship to Patient: Brother

Discharge Nurse's Signature: Bonnie

# Cataract Surgery

## Post Operative Instructions

*Please follow these instructions thoroughly.*

Use drops as indicated in the surgical eye, waiting two minutes between each drop:

- a.) **Prednisolone Acetate 1% (Shake Well)**
  - Use **1 drop** in the surgical eye
  - **4 times** per day (breakfast, lunch, dinner, and bedtime) for **3 weeks**
- b.) **Diclofenac**
  - Use **1 drop** in the surgical eye
  - **2 X times** per day (breakfast, ~~lunch and dinner~~, and bedtime) for **3 weeks**  
*If a substitution is required due to insurance coverage, the following drug and dosing instructions may be substituted: Bromfenac- 1 drop in the surgical eye, 2 times per day for 3 weeks*
- c.) **Ciprofloxacin**
  - Use 1 drop in the surgical eye
  - **2 times** per day (breakfast and bedtime) for **1 week**

Wear dark glasses during the day for protection or sensitivity to light (as needed) for 1 week.

# Glaucoma Surgery

## Post Operative Instructions

*Please follow these instructions thoroughly.*

At the Post Operative Appointment, after the eye patch is removed, you will start your eye drops. Pain medication should be started as directed in the Discharge Guidelines after surgery.

Use drops as indicated in the surgical eye, waiting two minutes between each drop:

- a.) **Prednisolone Acetate 1% (Shake Well)**
  - Use **1 drop** in the surgical eye
  - **Every hour** while awake until told to stop
- b.) **Besivance**
  - Use **1 drop** in the surgical eye
  - **2 times** per day (breakfast and bedtime) for **1 week** until told to stop  
*If a substitution is required due to insurance coverage, the following drug and dosing instructions may be substituted: Vigamox, Ciloxan (Ciprofloxacin), Ocuflax (Ofloxacin), or Zymar- 1 drop in the surgical eye, 2 times per day for 3 weeks*
- c.) **Vicodin/Norco/Tylenol #3**
  - Take **1 tablet** as needed for pain every **4-6 hours**

After patch is removed, wear dark glasses during the day for protection or sensitivity to light (as needed) for 1 week.

**If you have any questions, please call the appropriate office below:**

### Downtown

255 E. Weber Ave.  
Stockton, CA 95202  
(209) 466-5566  
(209) 466-0535 fax

### Oculofacial Plastic

1801 E. March Ln., A-160  
Stockton, CA 95210  
(209) 461-2160  
(209) 478-7962 fax

### March Lane

1801 E. March Ln., C-350  
Stockton, CA 95210  
(209) 951-1178  
(209) 951-1274 fax

### Lodi

421 S. Ham Lane, A  
Lodi, CA 95242  
(209) 366-0446  
(209) 334-2234 fax

### Manteca

1630 W. Yosemite Ave., 3  
Manteca, CA 95336  
(209) 239-3880  
(209) 239-3862 fax

### Tracy

36 W. 10th St.  
Tracy, CA 95376  
(209) 834-0700  
(209) 464-6950 fax