



## SURGICARE CENTER OF IDAHO

360 E. Mallard Drive, Suite 125  
Boise, Idaho 83706 (208) 336-8700

**Mark E. Hollingshead, M.D.**

Cataract & Refractive Surgeon

**Ryan T. Barrett, M.D.**

Cataract & Refractive Surgeon

## CATARACT POST SURGICAL INSTRUCTIONS

### DAY OF SURGERY: TAKE ALL 3 DROPS AFTER NAP

**MEDICATIONS:** After surgery, resume your regular over-the-counter products and prescribed medications you were taking before surgery.

**EYE MEDICATIONS:** 1. Use **BromSite** 2 times on day of surgery.

2. Use 1 drop of **Durezol** 4 times on day of surgery. (shake well)

#### TODAY ONLY

3. Use 1 drop of **Moxifloxacin** every 2 hours while awake on day of surgery.

4. Use **Preservative Free Artificial Tears** as needed.

- Wait 5 minutes between drops to avoid washing the first drop out.
- Rest your eyes for 3 to 4 hours after surgery or take a nap
- After the anesthetic drops wear off you may experience one or all of the following:
  1. Foreign body sensation (i.e. the feeling of an eye lash in your eye)
  2. Mild burning and/or stinging.
  3. Tearing
  4. Light sensitivity

\*\*These are normal sensations & will be gone after approximately 1 week \*\*



### FOLLOWING SURGERY:

**EYE MEDICATIONS:** 1. Use 1 drop of **BromSite** 2 times a day for 1 week. (morning and bedtime) then 1 drop 1 time a day for 2 weeks.

#### STARTING TOMORROW

2. Use 1 drop of **Durezol** 2 times a day (breakfast, bedtime) for 3 weeks.

Then use 1 drop 1 time per day (morning or bedtime) for 1 week or until bottle is empty.

3. Use 1 drop of **Moxifloxacin** 3 times a day for 2 weeks than discard.

4. Use **Preservative Free Artificial Tears** as needed during this time

**Pills:** If needed for pain take 2 Tylenol tablets every 4 hours

### DO NOT RUB OR SCRATCH YOUR EYES!!!

- Wear eye shield for 10 nights and when taking naps
- You may bathe as usual but keep shampoo and soap out of your eyes
- No heavy lifting for 2 weeks (lift nothing heavier than 20 lbs)
- No dirty work for 2 weeks (i.e. no gardening)
- No eye make-up for 1 week
- Stay out of hot tubs or pools for 2 weeks; lakes, rivers and oceans for 4 weeks

If you experience any loss or blurred vision, pain, increased floaters, curtain over vision, or flashing lights, contact

Hollingshead Eye Center at: **(208) 336-8700**. If after hours press "0" for the operator and they will page a doctor for you.



**SURGICARE CENTER OF IDAHO**

360 E. Mallard Drive, Suite 125  
Boise, Idaho 83706 (208) 336-8700










**Mark E. Hollingshead, M.D.**

Cataract & Refractive Surgeon

**Ryan T. Barrett, M.D.**

Cataract & Refractive Surgeon

**\*Each circle represents one drop of medication\***

<b>1<sup>ST</sup> WEEK</b>	<b>Surgery day</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>
 <b>BromSite</b>	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
 <b>Durezol</b>	○ ○ ○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
 <b>Moxifloxacin</b>	<b>Every 2 hrs while awake</b>	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
<b>2<sup>ND</sup> WEEK</b>	<b>DAY 8</b>	<b>DAY 9</b>	<b>DAY 10</b>	<b>DAY 11</b>	<b>DAY 12</b>	<b>DAY 13</b>	<b>DAY 14</b>
 <b>BromSite</b>	○	○	○	○	○	○	○
 <b>Durezol</b>	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
 <b>Moxifloxacin</b>	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
<b>3<sup>RD</sup> WEEK</b>	<b>DAY 15</b>	<b>DAY 16</b>	<b>DAY 17</b>	<b>DAY 18</b>	<b>DAY 19</b>	<b>DAY 20</b>	<b>DAY 21</b>
 <b>BromSite</b>	○	○	○	○	○	○	○
 <b>Durezol</b>	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
<b>4<sup>TH</sup> WEEK</b>	<b>DAY 22</b>	<b>DAY 23</b>	<b>DAY 24</b>	<b>DAY 25</b>	<b>DAY 26</b>	<b>DAY 27</b>	<b>DAY 28</b>
 <b>Durezol</b>	○	○	○	○	○	○	○