

Instructions BEFORE Surgery

1 day Before Surgery

Besivance (antibiotic)

1 Drop 3 times a day (eg 3 meals)



Bromday (anti-inflammatory)

1 Drop a day (morning OR evening)



Please separate the drops by at least 4 minutes

Evening Before Surgery

- Discontinue contact lenses.
- NO food or drinks after midnight. You may take your normal medications with sips of water.
- Remove all eye makeup including eyeliner and mascara.
- Be certain to have driving arrangements made for the following day. Patients must be accompanied on the day of surgery when you check in and check out.

Day of Surgery (Morning of Surgery)

- Please take all medications with sips of water. Do NOT eat or drink unless otherwise instructed.
- Do NOT use any makeup or mascara.
- Please bring your blue surgical kit with eye drops and folder with these instructions to the surgery center.
- Please arrive 1 hour prior to surgery.
- **Palisades will call you 1 day prior to your surgery date to tell you the most accurate surgery time, it may be slightly different from what your surgical coordinator gave you.**

2 HOURS BEFORE SURGERY: USE TROPICAMIDE OPHTHALMIC SOLUTION USP 1% (RED TOP)

1 Drop 2 hours before your surgery time every 30 minutes. (This will dilate your eye)

Instructions AFTER Surgery

Besivance (antibiotic)
1 Drop 3 times a day



Durezol (anti-inflammatory)
1 Drop 4 times a day



Bromday (anti-inflammatory)
1 Drop a day



Besivance **1 Drop 3 times a day for 7 days after surgery** (e.g. 3 meals)

Durezol: **1 Drop 4 times a day for 7 days. Then decrease to 1 drop 2 times a day for 3 more weeks**

Bromday: **1 Drop a day for a total of 4 weeks of treatment after surgery**

Eye drops: Drops are only for the operated eye and can be used together, in any sequence, but must be **separated by at least 4 minutes**. It is normal that some drops will sting. Close the eye gently for a minute after instilling a drop. Please bring your drops along with this handout with you to each postop appointment. It is also important to use artificial tears frequently to keep the eye moist and comfortable.

Activities: Avoid pressing or rubbing the eye for 2 weeks. Wear protective glasses or sunglasses in any circumstance where you may get struck in the eye (small children, pets, etc.) Exercise is fine, including golf, tennis, jogging, and aerobics. Refrain from any eye makeup for 7 days following surgery. Do NOT go swimming or go in a hot tub for 7 days following surgery. Normal showering and washing your hair is fine. You may read and watch TV as much as you would like. You may resume work and driving when you feel ready. There is no restriction on airplane travel.

Tears: There are 2 types of tears that are recommended in the post-operative period (These are over the counter):

Preservative Free: Blink, Optive, Refresh Plus, GenTeal, Systane, Thera tears

Dissolving Preservative (Bottle): Blink, Optive, Refresh, GenTeal, Thera tears

Normal early postoperative symptoms: A dilated or constricted pupil for the first 2 days; eye watering and redness; a scratchy or sandy sensation; stinging with the eye drops; blurry, fluctuating, or shimmering vision; sensitivity to bright lights; a curved shadow or light reflection off to the side; mild increase in floaters; some haloes at night. **If you have LenSX surgery, it is normal for you to have small red spots on the surface of your eye (subconjunctival hemorrhages). These will dissipate in 1-3 weeks.**

CALL IMMEDIATELY if you experience severe pain or sudden loss of vision

Visual Recovery: You should NOT expect to see well immediately. Variability in the recovery rate between patients, and even between eyes of the same patient is normal. The amount of blur during the first week is not relevant to the final visual outcome. **Therefore, try not to over-analyze your vision at first.** Until your eyeglass prescription is updated in the operative eye, you will not have optimal focus for both reading and far distance. Your old prescription eyeglasses will not cause harm, but if the old spectacle lens is too bothersome, you may want to remove the lens from the frame. Alternatively, inexpensive store-bought reading glasses are safe, and may work well as a temporary measure. At the store, use trial and error to go on the lowest power that seems to work. Typically, +2.25 or +2.50 is optimal for close reading and +1.25 for computer work.

Post Operative Medication Dosing Guide

Medication	1 Week	3 Weeks
 <p>Besivance (antibiotic)</p>	<p>3 Times a Day</p>	<p>STOP</p>
 <p>Durezol (anti-inflammatory)</p>	<p>4 Times a Day</p>	<p>2 Times a Day for 3 more weeks</p>
 <p>Bromday (anti-inflammatory)</p>	<p>1 Time a Day</p>	<p>1 Time a Day for 3 more weeks</p>

Eye Doctors of Washington

2 Wisconsin Circle
Suite 230
Chevy Chase, MD 20815
(301) 215 -7100

1016 16th Street, NW
Lower Level
Washington, DC 20006
(202) 659-2050

8230 Boone Blvd
Suite 125
Vienna, VA 22182
(703) 962-7104