



Barry S. Seibel, M.D.

Specializing in Cataract Surgery, Lens Implants, and Lasik

Clinical Assistant Professor of Ophthalmology, UCLA Jules Stein Eye Institute

INSTRUCTIONS AFTER CATARACT/CLEAR LENS SURGERY (Right / Left eye)

Dosage for Eye Medications:

One (1) drop of Zymar and Pred Forte four (4) times a day (breakfast, lunch, dinner, and bedtime).

One (1) drop of Acular LS two (2) times a day (breakfast & dinnertime).

The drops can be taken in any sequence, but be sure to space them at least 3 minutes apart.

ZYMAR (antibiotic)
White Label
dosage is 4 times a day
stop after 1 week

ACULAR LS(anti-inflammatory)
Green Label
dosage is 1 drop twice daily
for 1 month then stop

PRED FORTE (steroid)
Purple Label
dosage is 4 times a day
after 2 weeks, decrease
dosage to twice daily for 2 more
weeks then stop (1 month total)



shake well

Week	ZYMAR	ACULAR LS	PRED FORTE
1	4 times a day	2 times a day	4 times a day
2	Stop	2 times a day	4 times a day
3	Stop	2 times a day	2 times a day
4	Stop	2 times a day	2 times a day

Close the eye gently for a minute after instilling a drop. If you think you missed, an extra drop will not hurt. The drops may occasionally sting. Continue any usual eye drops for the non-operated eye. Please bring your eye medications with you to each appointment. Pred Forte may leave a harmless white residue in the eyelid corner.

Activities: because the eye may be tender, avoid pressing or rubbing the eye for 1-2 weeks. You may gently blot with a clean tissue or towel. There is not a problem with bending, stooping, lifting, coughing, or straining. Exercise is fine, including golf, tennis, jogging, and aerobics. You can take a shower after surgery and wash your face or hair. Eye make-up may be resumed on the 2nd day after surgery. You may read and watch TV as much as you would like. You may resume work when you feel ready. You may drive the day after surgery if you feel comfortable and confident. Tape the eye shield in place when sleeping for the first 5 days/nights after surgery.

Normal Postoperative Symptoms: modest amount of tearing and eye irritation, mild redness of the eye and tenderness, mild to moderate blurred/fluctuating or shimmering vision in the beginning, sensitivity to bright light, sunglasses are optional for comfort but not needed for safety since the intraocular lens blocks out ultraviolet light.

CALL US IF YOU DEVELOP ANY OF THE FOLLOWING SYMPTOMS:

severe or unusual pain, excessive discharge, fever, sudden loss of vision, flashes of light, or increasing redness.

Visual Recovery: you should not expect to see well immediately. There is a great deal of normal variability in the recovery rate among different patients, and even between eyes of the same patient. The amount of blur during the first week is usually not relevant to the eventual visual outcome. Therefore, try not to overanalyze your vision at first. Although unavoidable, comparing the recovery period of the one eye to another (or to that of another friend or relative) may raise unnecessary concern over normal differences. Most people desire reduced dependence on their distance spectacles, and we strive to achieve this goal with the IOL. However, it is not uncommon to need a mild prescription to fine-tune the distance vision especially for such activities as night driving. Also, patients will typically need a bifocal or reading pair of glasses for their close vision. The glasses are usually prescribed 2 to 3 weeks after surgery. This represents a dramatic improvement over the 3 month waiting period that was usually required with the older large incision surgery that involved sutures.

Your postoperative visit is scheduled for tomorrow at: _____

9001 Wilshire Blvd., Suite 306
Beverly Hills, CA 90211

Email eyedoc2020@earthlink.net

Phone 310.273.0333
Fax 310.273.6956

Barry S. Seibel MD, Inc.