

Date: _____

Name: _____



AMJAD KHOKHAR, M.D.

BEFORE YOUR CATARACT SURGERY...

- At your preoperative visit you will receive *either* a blue or a black operative kit. **If you have a blue bag**, use the drops as described below:

Acuvail/Xibrom (sample & prescription)	1drop 2 times a day for 3 days prior to surgery
Zymar (prescription)	1drop 4 times a day for 3 days prior to surgery
Predforte (sample)	DO NOT USE

**You may use the Acular LS and Zymar on the morning of the surgery as well.

If you have a black bag, use the drops as described below:

Nevanac (sample & prescription)	1drop 4 times a day for 3 days prior to surgery
Vigamox (prescription)	1drop 4 times a day for 3 days prior to surgery
Econopred (sample)	DO NOT USE

**You may use the Nevanac and Vigamox on the morning of the surgery as well.

- 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 10 days prior to surgery. If this cannot be done, please notify this office immediately.
- After we call you with your surgery date, you must go for preadmission and preregistration at the hospital or surgery center at least 1 week before the surgery. If you do not go, your surgery will be cancelled.
- The night before surgery **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**. On the morning of your surgery, take all of your usual medicines on the morning of surgery with a sip of water, except for your diabetic medications. **DO NOT TAKE INSULIN INJECTIONS OR DIABETIC PILLS (HYPOGLYCEMIC AGENTS) ON THE DAY OF SURGERY**, until after surgery is completed.
- 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 will be cancelled.
- Immediately notify this office about any change in your health before the surgery, even if you develop a cold or flu.

Date: _____

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AFTER YOUR CATARACT SURGERY. . .

- 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.
- Do not bath or wash your face when you get home. Leave the patch and shield on overnight.
- Resume all of your medications except your eye drops. **DO NOT APPLY ANY EYE DROPS** until instructed by me to do so the day after the surgery.
- 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, I will take off the dressing for you.
- If you have any questions or concerns, please call the office immediately. If it is after hours, call the office and select for Dr. Khokhar to be paged. When paging Dr. Khokhar, please be extra careful to type your call back carefully.

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AFTER YOUR POSTOPERATIVE APPOINTMENT. . .

- Use your drop 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.

Blue Bag: Black Bag:	Predforte/ Econopred	Nevanac/ Acular LS	OR Acuvail/ Xibrom	Zymar Vigamox
Week 1 (___ / ___ to ___ / ___)	4 times a day	4 times a day	2 times a day	4 times a day
Week 2 (___ / ___ to ___ / ___)	3 times a day	3 times a day	2 times a day	STOP
Week 3 (___ / ___ to ___ / ___)	2 times a day	2 times a day	2 times a day	
Week 4 (___ / ___ to ___ / ___)	1 times a day	1 times a day	2 times a day	
Week 5 (___ / ___)	STOP	STOP	STOP	

- If you have some irritation, you may use one drop of an artificial tear like **Systeme** when needed.
- You may resume most regular activities. You may bathe and wash your face cautiously; however, keep your eyes close and only gently pad dry the area around the eye. However, please avoid stooping over, lifting heavy objects, and swimming pools/hottubs 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.
- After I remove the eye patch, your vision may be somewhat blurred at first. Your vision will gradually improve over the next several days and weeks. **Your vision will not be at its best until your new glasses are made.** If your vision should significantly worsen call the office.