

BRING THIS SHEET WITH YOU TO ALL POST-OPERATIVE APPOINTMENTS.

## Northeast Ohio Eye Surgeons—Eye Drop Summary

RIGHT EYE

LEFT EYE

### iLASIK

Please follow this bubble sheet. Mark off each dose.

It is **IMPORTANT** to take the eye drops as instructed. The following schedule is a guideline, but your doctor may change the regimen through the course of healing.

Wait approximately 5 minutes between the different medications.



Moxifloxacin  
(Tan Cap)



Prednisolone  
Acetate  
(Pink cap)



Preservative  
Free Tears

**Tears: Very Important !**

We encourage you to use Preservative-Free artificial tears or lubricating drops frequently which will help healing and reduce irritation.

After 1 month, you may switch to Preserved or Bottled Tears, but stay with Brand names such as Refresh, Genteal, Thera Tears, or Systane.

Again, wait 5 minutes between any 2 drops.

Br = Breakfast  
L =Lunch  
D =Dinner  
Bd =Bedtime

First Week	Wear Eye Shield at Bedtime x 1 week						
	Surgery Day	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Moxifloxacin</b>	Every 2 Hrs	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd
<b>Pred</b>	Every 2Hrs	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○
<b>Tears every 2hrs</b>							

Stop  
Moxifloxacin

2nd Week	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
No Moxifloxacin	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd
<b>Pred 2x/day</b>	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
<b>Tears at least 4x/day</b>							

3rd & 4th wk	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd
<b>Tears at least 4x/day</b>							



**TYPICAL Post-Op SYMPTOMS: You may notice...**

Blurry or Hazy Vision for the first several days, but fluctuating vision may last for a couple weeks.  
A foreign body or scratchy sensation in the eye for several weeks. (use Artificial Tears often for relief)

**ACTIVITIES TO AVOID:**

Avoid activities such as Yoga and weight training for 1 week  
Avoid contact sports for 1-2 weeks  
Avoid dusty/dirty environments - wear protective eye wear if you must be around dust/dirt  
No eye make-up for at least 1 week (being careful not to rub eye when removing make-up for 4 weeks)  
No swimming and Avoid splashing water into eye for 2 weeks

**PRECAUTIONS:**

Wear Eye Shield at bedtime for 1 (one) week  
Take a shower or bath, but cautiously wash your eyelids — no splashing  
Wear sunglasses if light sensitive  
Wear eye protection when needed

**APPROVED ACTIVITIES: You may...**

Sleep on either side, but use the eye shield for the first week after surgery  
Watch TV, read, or work on computer, etc  
Perform most household activities, but minimize "STRAINING" for 1 week  
Participate in most exercise routines, except avoid straining to lift/bend for 1 week  
Have your hair styled at barber/beauty shop (being careful not to get hair or hair product in eyes)

**CALL OUR OFFICE IMMEDIATELY IF YOU EXPERIENCE:**

SEVERE PAIN  
SIGNIFICANT REDNESS  
INCREASED FLOATERS OR FLASHES OF LIGHT - like lightning streaks or flash bulb  
SUDDEN LOSS OF VISION  
SUDDEN CHANGE IN EYE COLOR OR PUPIL SIZE

STOW LOCATION  
330.928.0201

KENT LOCATION  
330.678.0201

AKRON LOCATION  
330.836.8545

AFTER HOURS:  
330.475.7385

Lawrence E. Lohman, M.D. Marc F. Jones, M.D. Matthew C. Willett, M.D. Elizabeth Shanika Esparaz, M.D.  
Elizabeth D. Muckley, O.D. William R. Rudy, O.D. Katie L. Greiner, O.D. Katherine Hastings Zajac, O.D.  
Marcella E. Pipitone, O.D. David B. Beckett, O.D. Jennifer S. Vincent, O.D. Samantha R. Zaczyk, O.D.

**DRIVING:**

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(Tan Cap)



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(Pink cap)



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<b>Tears every 2hrs</b>							

Stop  
Besivance

2nd Week	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
No Besivance	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd
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**TYPICAL Post-Op SYMPTOMS: You may notice...**

Blurry or Hazy Vision for the first several days, but Blurry vision may last for a couple weeks.  
Flickering/Reflecting lights or "Fluttering" (Arc-shaped pattern) in your peripheral vision for days to weeks.  
A Mild Ache for the first few days.

**ACTIVITIES TO AVOID:**

Avoid Lifting/Pushing anything that causes you to STRAIN for at least 1 (one) week  
Avoid Bending/stooping/head positions that causes a "pressure" feeling in your head for 1 (one) week  
Avoid dusty/dirty environments - wear protective eye wear if you must be around dust/dirt  
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**EYEGASSES:**

Most, not everyone's, eyeglass prescription changes after cataract surgery.  
Patients may have trouble deciding whether they see better with their old glasses or not, especially between your first and second eye. Some will see better without glasses. Some see better using old glasses. A few (very few) patients will prefer to remove one lens. Try each option to determine which method allows you to function best. YOU WILL NOT STRAIN OR HARM EITHER EYE DURING THIS PERIOD.  
Many people can function well with Over-the-Counter "Drugstore" readers during this healing period.  
Start with **+2.50 READERS** and vary the power up or down to find the one best for you.  
You can consider new glasses options typically 1 month after your final surgery.

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2) Please use YOUR best, safest judgment on whether you are safe to drive.