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

		Wear Eye Shield at Bedtime x 1 week									
First Week	Surgery Day	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7				
		Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd				
Moxifloxacin	Every 2 Hrs	0000	0000	0000	0000	0000	0000				
Pred	Every 2Hrs	0000	0000	0000	0000	0000	0000				
Tears every 2hrs											

Stop Moxifloxacin

2nd Week		Day 8		Day 9		Da	Day 10		Day 11		ıy 12	Day 13		Da	y 14
No Moxiflo	ifloxacin E		Br L D Bd		Br L D Bd		Br L D Bd		L D Bd	Br L D Bd		Br L D Bd		Br L D Bd	
Pred	2x/day	O	0	0	0	O	0	O	0	O	O	O	O	O	O
Tears at le	east 4x/day														

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

Northeast Ohio Eye Surgeons—Eye Drop Summary □RIGHT EYE □LEFT EYE

Advanced Laser Surfacing Refractive Procedure (aka PRK)

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.







Prednisolone (G

(White or Pink cap)



Prolensa (Gray Cap)



"FML" (white cap)

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

			Wear Eye Shield at Bedtime x 1 week									
First We	ek	Surgery Day	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7				
	─ 4x/day		Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd				
Moxiflox	-	Every 2 mis	$\circ \circ \circ$	0000	0000	0000	0000	0000				
Pred	— 4x/day	Every 2 Hrs	$\circ \circ \circ \circ$	0000	$\circ \circ \circ \circ$	0000	0000	$\circ \circ \circ$				
Prolensa	1x/day		O	O	O	O	O	O				
Tears ev	ery 2hrs											
2nd Wee		Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14				
No Moxifloxacin,	Pred, Prolensa	Br - D Bd	Br - D Bd	Br - D Bd	Br - D Bd	Br - D Bd	Br - D Bd	Br - DBd				
"FML "	3x/day	O - O	O - O	0 - 0	O - O	O - O	O - O	O - O				
Tears at le	ast 4x/day											
3rd & 4th	n wk	Br Bd	Br Bd	Br Bd	Br Bd	Br Bd	Br Bd	Br Bd				
"FML"	2x/day	o o	o o	O O	O O	O O	O O	O O				
Tears at le	east 4x/day											
				_								
5th—8th	Wk	Br Bd	Br Bd	Br Bd	Br Bd	Br Bd	Br Bd	Br Bd				
"FML"	1x/day	O	•	O	O	O	•	O				
Tears at le	ast 2x/day											

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 ACTIVITES: 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	KENT LOCATION	AKRON LOCATION	AFTER HOURS: 330.475.7385
330.928.0201	330.678.0201	330.836.8545	

Lawrence E. Lohman, M.D. Marc F. Jones, M.D. Matthew C. Willett, M.D. Elizabeth Shanika Esparaz, M.D.

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DRIVING:

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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.







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

		Wear Eye Shield at Bedtime x 1 week									
First Week	Surgery Day	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7				
		Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd				
Besivance	Every 2Hrs	$\circ \circ \circ \circ$	0000	0000	0000	0000	0000				
Pred	Every 2Hrs	0000	0000	0000	0000	0000	0000				
Tears every 2hrs											

Stop Besivance

2nd Week		Day 8		Day 9		Da	Day 10		Day 11		Day 12		y 13	Da	y 14
No Besivance		Br L	D Bd	Br L	. D Bd	Br L	D Bd	Br I	L D Bd	Br L	D Bd	Br L	D Bd	Br L	D Bd
Pred	2x/day	O	O	O	0	O	O	O	O	O	O	O	O	C	0
Tears at least 4x/day															

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

Northeast Ohio Eye Surgeons—Eye Drop Summary □RIGHT EYE □LEFT EYE

Advanced Laser Surfacing Refractive Procedure (aka PRK)

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.







Prednisolone
Acetate
(White or Pink cap)



Prolensa (Gray Cap)



"FML" (white cap)

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

				Wear Eye Shie	eld at Bedtime x	1 week		
First Week	(Surgery Day	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	I		Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd
Besivance	2x/day	Every 2Hrs		0000		0000	0000	0000
Pred	4x/day	Every 2Hrs	$\circ \circ \circ$	0000	$\circ \circ \circ$	0000	0000	$\circ \circ \circ$
Prolensa	1x/day		0	O	O	O	0	O
Tears eve	ry 2hrs							
2nd Week		Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
No Besivance, Pred	l, or Prolensa	Br - D Bd	Br - D Bd	Br - D Bd	Br - D Bd	Br - D Bd	Br - DBd	Br - DBd
"FML "	3x/day	O - O	O - O	0 - 0	O - O	O - O O	O - O	O - O
Tears at leas	t 4x/day							
3rd & 4th	wk	Br Bd	Br Bd	Br Bd	Br Bd	Br Bd	Br Bd	Br Bd
"FML"	2x/day	O O	O O	O O	O O	o o	O O	o o
Tears at leas	st 4x/day							
5th—8th V	Vk	Br Bd	Br Bd	Br Bd	Br Bd	Br Bd	Br Bd	Br Bd
"FML"	1x/day	O	O	O	O	0	•	O
Tears at leas	t 2x/day							
+								

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 ACTIVITES: 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)

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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

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Northeast Ohio Eye Surgeons—Eye Drop Summary □LEFT EYE □RIGHT EYE

						С	ataract	Surg	ery							
	NT to to nately 5 use art ay help	ake the ominutesificial te healing	eye dı s betv ars o and r	rops veen r lub educ	for the FU	ILL 2 ent n ops n.	28 days. nedicatior	ns. d Off	oxacin -flox" an Cap)	(W	"Pred" Acetate	9	Prolens (Gray Cap	-	Br = Brea L =Lunc D =Dinn Bd =Bedt	h er
Begin:		y Befo Surgery		Date	of Surge	ry	PO Visit	ts	DATE		TIME	C	FFICE	DC	OCTOR	
	-	L D E					Day 1									
O-flox		$\frac{1}{2}$					Approx	1 wk								
Prolensa	C						Approx	1mo								
						We	ear Eye Shi	eld at Be	dtime x	l week						
First Week		Surger	y Day		Day 2		Day 3	Da	y 4	D	ay 5	[Day 6		Day 7	
		Br L I	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	
O-flox 4	x/day	00	\mathbf{c}	C	$\circ \circ$	O	$\circ \circ$	\circ	\mathbf{c}	O C	\mathbf{c}	0	cc	O	$\circ \circ$	Sto O-flo
Pred 2	4x/day	O O	\mathbf{c}	C	$\mathbf{c} \cdot \mathbf{c}$	0	$\mathbf{c} \cdot \mathbf{c}$	\mathbf{c}	\mathbf{c}	O C	$\mathbf{c} \cdot \mathbf{c}$	O ($\mathbf{c} \cdot \mathbf{c}$	0	$\mathbf{c} \cdot \mathbf{c}$	
Prolensa 1	1x/day	O		O		O		O		O		C		O		
2nd Week		Day	<i>,</i> 8		Day 9	[Day 10	Da	/ 11	Da	y 12	D	ay 13	D	ay 14	
No O-flox		Br	Bd	Br	Bd	Br	Bd	Br	Bd	Br	Bd	Br	Bd	Br	Bd	
Pred 2	x/day	O	0	O	O	O	O	C	C	O	O	O	O	O	O	
Prolensa 1	1x/day	O		C		C		\mathbf{c}		O		O		C		
3rd Week		Day	15	ı	Day 16	[Day 17	Day	/ 18	Da	ıy 19	D	ay 20	D	ay 21	
		Br	Bd	Br	Bd	Br	Bd	Br	Bd	Br	Bd	Br	Bd	Br	Bd	
Pred 2	x/day	O	O	C	O	O	C	O	C	O	O	O	O	O	C	
Prolensa 1	1x/day	O		O		O		O		O		O		O		
4th Week		Day	22		Day 23		Day 24	Da	/ 25	Da	y 26	D	ay 27	D	ay 28	
		Br	Bd	1	Bd	Br	Bd	Br	Bd	Br	Bd	Br	Bd	Br	Bd	
Pred 2	x/day	O	O	O	O	O	O	O	O	<u>)</u>	O	O)	0	O	
Prolensa 1	1x/day	O		O		0		0		O		O		O		

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

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 ACTIVITES: 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)

EYEGLASSES:

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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DRIVING:

You will NOT be allowed to drive home from the Surgery Center—please make arrangements.

We ask that you do NOT drive until you discuss with your doctor during one of the postop visits.

If your doctor indicates that you are "legal to drive", we ask that you

- 1) Limit driving to day-time only and familiar areas for at least the first several days,
- 2) Please use YOUR best, safest judgment on whether you are safe to drive.