

Kresie & Penzler, M.D.'s PA

Cataracts Dr. Cynthia Penzler

Pre-Op Instructions

- Two days before surgery, use drops in the following manner
 - Vigamox
 - 2 days before surgery, use three times a day, at breakfast, mid afternoon and bedtime
 - Morning of surgery, use one drop
 - Nevanac
 - 2 days before surgery, use three times a day, at breakfast, mid afternoon and bedtime
 - Morning of surgery, use one drop
- Do not eat or drink anything, including water, after twelve (12) o'clock midnight the night of surgery.
- You may brush your teeth and rinse your mouth, but do not swallow!
- It is advisable to bathe and wash your hair, either the morning of or the night before surgery
- DO NOT WEAR MAKE UP OR JEWELRY
- Bring the "informed consent" with you the day of surgery, UNSIGNED!!

Our office will call one or two days prior to answer any questions and remind you of your surgery. Should questions arise prior, please call our office at (785) 233-0011.

Post-Op Instructions

- Feel free to read, watch TV, play cards, ride in a car, or do handwork,
- Participate in GENTLE activity such as walking; non-jarring activities will promote healing.
- Bathe with CAUTION, especially when moving in and out of the tub
- Remove the shield that is over your eye at _____ am/pm. Immediately begin using drops: VIGAMOX, OMNIPRED, and NEVANAC EVERY 2 HOURS WHILE AWAKE – if you use glaucoma drops – Please resume these drops immediately.
- Expect your vision to be blurred. Double vision is not unusual for the first 24-48 hours after surgery. Tape the shield over the operated eye before retiring for the night.
- There are some common reactions the eye has to surgery:
 - A feeling of itching or scratchiness under the eye lid; this is normal, and indicates the eye is healing.
 - Discoloration or swelling of the tissue under or around the eye
 - A feeling of aching or soreness.

Instructions

- Do not rub eye!
- Expect some burning, irritation and tearing/watering.
- Take Tylenol (or equivalent) for discomfort
- Expect blurred vision all day for 1 to 2 weeks after surgery.

- Avoid heavy lifting or bending head below waist 1 week
- Resume normal medications the day after surgery
- Wear the shield at bedtime and naps for 1 week after surgery
- You may resume normal activities 1 week after surgery
- In case of emergency, call Dr. Penzler at home (785-749-2744) or St. Francis Emergency Room at (785-295-8090)
- Ok to bathe, shower, wash hair – but do not get any soap or water in eye
- Wear glasses at all times in the first week for protection