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This instruction sheet contains important information about the eye drops you must take **before and after** your upcoming cataract surgery. **Please read carefully.**

Around the time of your surgery, you will need to use **two different eyedrops**. One is called **ZYMAR**, which is an antibiotic used to prevent infection. The other is an anti-inflammatory called **MAXIDEX**, which is used to speed up healing and to minimize the discomfort of swelling.

When using more than one drop at the same time, you may use the drops in any order. Always wait **at least two minutes** in between each drop to allow them to be absorbed properly.



eye drop plan

for cataract
surgery
patients

Eye drop regimen

For the 3 days **before your surgery**, use **only the Zymar**. Insert one drop, **four times per day** into the eye to be operated on (*i.e. breakfast, lunch, dinner, and bedtime*).

For the **first two weeks after surgery**, use **both the Zymar AND the Maxidex drops**. Use them four times per day into the operated eye (you may continue to use the Zymar bottle that was used before surgery).

For the following two weeks, **stop using Zymar**, but **continue using the Maxidex** for an additional two weeks.

To summarize, you will use the Zymar for 3 days before surgery AND for the first two weeks after your surgery. You will use the Maxidex for four weeks from the date of your surgery.

If you experience any difficulties or have any questions regarding eye drop use, please contact our office at 519.646.6315



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ADDITIONAL INSTRUCTIONS

- Do NOT rub or scratch the affected eye. Always wash your hands before touching the eye or administering your eye drops.
- You may carefully shower and wash your hair starting the day after surgery, but avoid getting water in the eye for the first week. When bathing or showering, try to keep the operated eye closed as water runs over it.
- Do not go swimming for at least FOUR WEEKS following surgery.
- You may continue with normal activities and light exercise, but avoid heavy lifting (*i.e. greater than 25 pounds*) and straining for TWO WEEKS.
- Avoid activities that may result in the operated eye being hit or bumped.
- Wear the plastic eye shield AT NIGHT ONLY for one week after surgery.
- When you have completed the one month course of prescribed eye drops, your eye may still occasionally feel dry for a few additional weeks. This is normal. You may use over-the-counter artificial eye drops as required to soothe and lubricate the eye (e.g. Refresh®, Systane®, etc.)
- Please contact our office immediately if you experience any of the following –
 - severe eye pain
 - worsening redness of the eye
 - decreasing vision
 - nausea/vomiting

NOTE – Your eyeglass prescription will most likely need to be changed following surgery. An appointment with your optometrist will be arranged about **one month after surgery** to examine the eye and to make necessary changes to your eyeglass prescription.