



Dr. Davidson's Instructions

1. **Your surgery may be cancelled if you eat or drink anything within eight (8) hours before your surgery.** Please do not drink coffee, juice or eat anything on the morning of your surgery. Exception: take your usual medications with **small sips** of only **water**. Diabetics need to ask their doctor about diabetic medication dosing.
2. You will need a family member/friend/acquaintance to drive you to and from the surgery center since you will receive mild IV sedation and it will be illegal to drive the rest of the day.
3. **Please brush your teeth and gargle with mouthwash** before coming to the surgery center.
4. Please do not smoke, wear fragrances, apply face or eye makeup, or use hairspray or gel on the day of surgery. Please wear **socks, closed-toe shoes, wash your face and use deodorant** before coming to the surgery center.
5. **Do not stop** taking blood thinner medication (aspirin, Coumadin, warfarin, Plavix, many others) before surgery.
6. Please wash your hands before using eye drops. Close your eye for two minutes after instilling each drop. It does not matter which drop goes in first. Gently wipe excess drops from your eyelids with a fresh tissue or damp cloth.
7. Use your eye drop medications exactly as printed on the box label.
8. **Use all eye drop medications before coming to surgery with the following exceptions:**
 - Stop** using the following drops one day before surgery until your doctor tells you to restart after surgery:
Xalatan (latanoprost), Lumigan (bimatoprost), Rocklatan, Travatan Z (travoprost), Vizulta, Zioptan (tafluprost).
9. **Continue** using other glaucoma drops on the morning of surgery and after surgery without missing any doses:
Timoptic (timolol), Alphagan (brimonidine), Alphagan P, Combigan, Cosopt, Rhopressa, Simbrinza.
10. Do not change how you use any medications in the other eye.
11. **Use the additional medications below, only if checked. (If not checked, these do not apply to you.)**

Pressure Drop (Purple Cap: Alphagan, brimonidine, or Blue Cap: Combigan, or Green Cap: Simbrinza)

Instill 1 drop in the eye having surgery 2 times a day, starting 1 day BEFORE surgery, continuing 2 times a day on the day of surgery (before coming to surgery and later in the day), and 2 times a day for 4 weeks AFTER surgery, and then stop.

Pressure Pill/Capsule (Diamox, acetazolamide, Diamox Sequels)

Take 1 tablet or capsule by mouth 2 times a day, starting at dinnertime the first night AFTER surgery. Take 6 more tablets or capsules (for a total of 7 tablets or capsules) over the next 3 days and then stop.

Antibiotic Pill (Periostat, Oracea, doxycycline, minocycline, tetracycline)

Take 1 tablet or capsule by mouth 2 times a day, starting 1 day BEFORE surgery, continuing 2 times a day on the day of surgery (before coming to surgery and later in the day), and 2 times a day for 4 weeks AFTER surgery, and then stop, unless otherwise told to continue for 2 more months.

Postoperative Visit with Dr. _____
Date/Time _____
Location _____

NAME LABEL

DOs And DON'Ts:

- **Do bring eye drops/pills, glasses, ID, insurance cards and THIS SHEET to surgery (every appointment).**
- **Do keep your operative eye closed** as much as possible the rest of the day of surgery.
- Do use your medications as directed on the other side of this sheet.
- Do take Tylenol or Motrin (recommended dosage) for maintaining comfort if needed.
- DON'T drink any alcohol for 24 hours since the IV sedation can mix with the alcohol in untoward ways.
- Do resume your regular diet, relax and avoid strenuous activity on the day of the surgery.
- Do use your eyes normally the next day after surgery to watch TV or read.
- Do resume full activities including bending, lifting and driving at your own pace, normally the next day or so.

Most patients resume driving and return to work the next day. Use your best judgment.

- Do shower, bathe and wash your hair, but DON'T allow water to get into the operative eye.
- Do wear the hard shield protector while sleeping for 2 weeks afterwards. DON'T sleep on your face.
- Do wear dark glasses outdoors for UV protection for four (4) weeks after surgery. Your regular glasses are fine if they block UV rays 95% or more.
- Do wear your glasses if you see better *with* them for some tasks.
- DON'T wear your glasses if you see better *without* them for some tasks.
- DON'T rub the eye. Do use artificial tears (a new bottle after surgery) to soothe the eye instead.
- DON'T swim, or allow dust, dirt or sand near the eye for two (2) weeks.
- DON'T wear eye makeup for 1 week after your procedure.

What You May Expect:

- Your vision may be worse immediately following surgery. This is normal due to swelling.
- Your vision shall gradually improve within days to weeks.
- You may notice a difference in your vision from one eye to the other immediately after surgery and even after your eye(s) heal. This is normal for the eyes to see differently from surgery.
- Your glasses prescription will be changed after four (4) to six (6) weeks when the eye heals.
- Temporary floating spots and brief flashes of light or dark are common following surgery, and should disappear within weeks to months.
- Dryness, foreign body sensation, and itchiness very commonly last for weeks to months while healing.
- Halos or reflections of light from the implant are normal and usually become less noticeable over time.
- Redness of the eye, if you have any, will gradually resolve over two (2) weeks or more.

Please Contact Us Immediately if you experience increasing pain, redness, swelling, discharge, or decreasing vision. We are available 24 hours a day, 7 days a week.

“Thank you for choosing us to provide your Surgical Eye Care!”

-Dr. John Davidson & Staff