

Dr. Melody Wong

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PSC - POST OPERATIVE SURGERY INSTRUCTIONS - DR. MELODY WONG

1) EYE DROPS:

VIGAMOX (Moxifloxacin) EYE DROPS - Instill 1 drop into the operative eye 4 times a day for 2 days PRIOR to your surgery. Then AFTER surgery, use 4 times a day for 2 weeks after surgery, then STOP.

PREDFORTE (Prednisolone) EYE DROPS - Instill 1 drop into the operative eye 4 times a day for 2 days PRIOR to your surgery. Then AFTER surgery, use 4 times a day for 2 weeks, then 2 times a day for 2 weeks, then STOP.

PROLENSA (Bromfenac) EYE DROPS - Instill 1 drop into the operative eye once a day, 2 days PRIOR to surgery. Then AFTER surgery, use once a day for 4 weeks, then STOP.

*****Make sure you wait at least 5 minutes in between each set of drops, as if they are put in right after each other, they may wash each other out and not have the full effect*****

2) EYE SHIELD:

Wear your eye shield today and tonight to protect your eye. Afterwards, we suggest using the eye shield for bedtime and naps to protect your eye for 1 week following surgery.

3) EXPECTATIONS:

* Your eye may feel sore, irritated, light sensitive, blurred and scratchy after surgery. Some minor discomfort is expected in the post-operative period, but should improve every day as your eye heals.

* You may see some redness or spots of blood on the eye. This is normal and usually heals within 1-2 weeks.

* We expect your vision to be blurry the day of surgery and usually the day after surgery. After this, every few days, your vision should slowly improve. It can take up to 6 weeks for your eyes to fully heal.

4) ACTIVITIES

* Please **DO NOT DRIVE** until after your first post-operative appointment, when we will discuss where and when it will be safe to return to driving.

* We suggest avoiding strenuous physical activity for 1-2 weeks (heavy weight lifting, contact sports, etc.)

* You may return to nearly all normal activities including lifting, bending, reading, watching TV, etc. by the day after surgery.

* Using your eyes will not cause damage. Wearing your old glasses will not harm your eyes, but you may see better without your glasses after your surgery.

* After you have had one eye operated on, it is sometimes challenging to balance the two eyes in between surgery. Some people choose to use their new eye without any glasses. Some people choose to use the old glasses and take out the glass lens from the operated eye. Some people choose to use their old glasses. There is no perfect solution in between surgery, and it is up to your preference what you choose to do.

* Wear sunglasses while outdoors if you find the sunlight bothersome.

* You may wash your hair or bathe as normal. Avoid getting soap/shampoo into the operative eye.

* We suggest to avoid swimming for a minimum of 2 weeks, but ideally for 4 weeks.

5) PRECAUTIONS:

***Do NOT rub your operative eye. This can be very dangerous immediately after surgery.**

***Ensure you use your eye drops as they are extremely important to healing.**

***Please call the office if your eye is very painful, very red, you are losing vision, you notice new floaters, flashes or a dark curtain in your field of vision, as these could be signs of problems with the surgery.**

***If the office is not available, or it is after hours or on a weekend, please call the Saskatoon City Hospital switchboard at 306-655-8000 and ask for the ophthalmologist on call.**

6) APPOINTMENT:

This appointment will take place in Dr. Wong/Sharma's office at Suite 200 - 2501 Jasper Ave. S.

If you cannot make this appointment due to travel constraints, please contact our office to discuss alternative options.

****Please call the office at any time if you have questions or concerns after surgery****