



+ **Crestview**  
182 E. Redstone  
Ste. A  
Crestview, FL 32539

+ **Gulf Breeze**  
1300 Shoreline Dr.  
Ste. 104  
Gulf Breeze, FL 32561

+ **Pensacola**  
9050 University Pkwy  
Pensacola, FL 32514

**MILLS**  
EYE +  
FACIAL SURGERY

David M. Mills MD, FACS  
Ophthalmologist +  
Facial Plastic Surgeon

## Cataract Surgery Post-Operative Instructions:

1. This sheet applies for Cataract Surgery.

### 2. General Instructions:

a. **Position:** When reclining, elevate your head and back using several pillows for the first 1-2 days after surgery. Lie on your back, rather than your sides or stomach. Elevate head of bed by 30 degrees; add some extra pillows under head when sleeping.

b. **Activity:** During your post-operative day, stay up as much as possible. You should sit, stand, or walk around rather than staying in bed. However, you should rest when tired. Do not bend (to tie a shoe, pick up things off the ground) or lift more than 10 pounds for at least 1 week after surgery. Take extra precautions to protect your head and neck from bumps, hits or injuries. No swimming, gym, or strenuous activities for two weeks. No scuba diving or snow skiing for 2 months. Passive exercise is permitted. Avoid strenuous activity for until cleared by the surgeon

c. **Diet:** Advance diet as tolerated starting with clear liquids.

d. **Shower:** You may shower beginning the day after surgery, but do not allow the water to hit you directly on the surgical sites. When finished showering, pat the areas dry and apply ointment, if applicable, to the surgical sites.

e. **Protective Wear:** Wear your eye shield over your post operative eye for 2 weeks and protective lenses (sunglasses or prescription glasses) to prevent anything from coming into contact with your surgical eye during the day and wear the shields or goggles at bedtime for two weeks after surgery while sleeping to prevent injury. You should avoid any undue stress on the eyelids (ie. No insertion of contact lenses for 2 weeks, etc.).

f. **Sutures:** Sutures are not routinely used by all surgeons for cataract surgery. Not all sutures placed need to be removed. If used your surgeon will guide whether they need to be removed or not and when.

g. **Hair care:** If you have a dressing present (as for face lift patients), you may wash your hair after the bulky dressing is removed (1-3 days after surgery). Allow the water to flow away from your suture lines. Take care not to get any chin stitches or dressings wet on any chin bandaging still in place. Avoid HOT air dryers since you may not have full sensation around your ears and areas of incisions.

h. **Sun exposure:** Protect your facial skin from excessive sun exposure as long as the treated areas are still pink. When the treated areas are no longer pink, ordinary exposure is not harmful but sunscreen should always be used.

i. **Cosmetics:** You may apply cosmetics to untreated areas following the surgery. Avoid any areas with skin stitches. Make-up may be applied in the treated areas after the skin stitches have been removed. Make up may delay wound healing and possibly produce a permanent tattoo if it comes in to contact with treated areas too soon.

+ Ophthalmology  
+ OculoFacial  
Plastic Surgery  
+ Facial Cosmetic  
Surgery

Phone [850] 266+7500

Fax [850] 390+4576

Web [www.MillsEye.com](http://www.MillsEye.com)

Send emails to: [info@millseye.com](mailto:info@millseye.com)

Search "Millseye" to download App

Page 1 of 4



**MILLS**  
EYE +  
FACIAL SURGERY

David M. Mills MD, FACS  
Ophthalmologist +  
Facial Plastic Surgeon

+ Ophthalmology  
+ OculoFacial  
Plastic Surgery  
+ Facial Cosmetic  
Surgery

+ **Crestview**  
182 E. Redstone  
Ste. A  
Crestview, FL 32539

+ **Gulf Breeze**  
1300 Shoreline Dr.  
Ste. 104  
Gulf Breeze, FL 32561

+ **Pensacola**  
9050 University Pkwy  
Pensacola, FL 32514

## 2. Post-Operative Drops

a. There are three classes of eye drops used for cataract surgery:

- i. Antibiotics - used both before and after surgery
- ii. Non-Steroidal Anti-Inflammatories (NSAIDs) - used both before and after surgery
- iii. Steroids - added the day of surgery to be used following the surgery

b. We prescribe, and you should be using, one drop from each class. However, the pharmacies frequently change the drops from what we prescribe to what is covered by each patient's insurance company's formulary list. Therefore, it is challenging to know exactly which drops each patient will be using if what is dispensed varies from what was prescribed. Overall, many of the possible drops are very similar. It can be easier to just know that each patient should be using one drop from each class below. Therefore, our primary instructions are to use the drops given by the pharmacist. In the absence of other specific direction, please follow this guideline as a baseline instruction.

c. As a more specific guideline we have attempted to provide the following information regarding the eye drops. You may see below here specific drops and instructions listed. If you do see the drops you have listed below, please use them as directed. If you do not see the drops you have listed below, please confirm with the pharmacist that the proper drops were given, and then use the drops provided by the pharmacist and call our office for clarification as needed at 850.266.7500.

d. Prescriptions are sent electronically to the pharmacy that you have on file with us at the time we schedule your surgery. Feel free to pick them up prior to surgery in order to make your surgical day easier.

e. Prior to cataract surgery, you should use an antibiotic eye drop and an antiinflammatory eye drop. You should continue to use these following your surgery and add to this the steroid anti-inflammatory eye drop. The drops you use before surgery continue on after surgery and the new drop is in addition to and not in place of the others.

f. Not all patients will receive all medications. The classes, directions, and allowable substitutions are listed here to allow other doctors, pharmacists, nurses, or staff to help you with a substitution should your surgeon be unavailable.

g. Drops are for operative eye only, surgery on the second eye does not alter course of drops for the first eye.

h. Do not stop any other drops you may be taking for unrelated reasons to surgery such as Glaucoma, etc.

i. Please Bring ALL Drops to ALL Surgical Follow Up appointments

j. Use drops as directed on packaging or drop sheet from Dr. Mills Office.

k. Wait 5 minutes between drops. After each drop close both eyes for 1 minute without blinking or squeezing or wiping with a tissue.



**MILLS**  
EYE +  
FACIAL SURGERY

David M. Mills MD, FACS  
Ophthalmologist +  
Facial Plastic Surgeon

+ **Crestview**  
182 E. Redstone  
Ste. A  
Crestview, FL 32539

+ **Gulf Breeze**  
1300 Shoreline Dr.  
Ste. 104  
Gulf Breeze, FL 32561

+ **Pensacola**  
9050 University Pkwy  
Pensacola, FL 32514

## 1. Antibiotic Eye Drops

i. Three times daily drops – Instill 1 drop into operative eye 3 times a day starting 3 days before surgery, and then continuing 3 times a day for 7 days after surgery, then stop

1. Besivance
2. Vigamox
3. Zymar
4. Ciprofloxacin
5. Polytrim

## m. NSAID

i. Diabetic patients are directed to use this class of drugs for 6 weeks postoperatively rather than the usual one week

ii. Once daily drops – Instill 1 drop into operative eye 1 time a day starting 3 days prior to surgery, and then continuing 1 time a day for 7 days after surgery, then stop

1. Bromday
2. Prolensa

iii. Twice daily drops – Instill 1 drop into operative eye 2 times a day starting 3 days prior to surgery, and then continuing 2 times a day for 7 days after surgery, then stop

1. Xibrom
2. Nevanac
3. Acular LS

## n. Steroid

i. Tapering Drops – Instill 1 drop into operative eye 4 times a day starting the day of surgery for 1 week, and then reduce to 2 times a day for 1 more week, then stop

1. PredForte (Brand)
2. Econopred
3. Omnipred
4. Prednisolone Acetate (generic)

4. **After Surgery:** Your eye will be examined the day after surgery by your surgeon or an eye doctor chosen by your surgeon, and then at intervals determined by your surgeon. During the immediate recovery period, you will place drops in your eyes for about 2 to 4 weeks, depending on your individual rate of healing. If you have chosen monovision or a multifocal IOL to reduce your dependency on glasses or contacts, they may still be required either for further improvement in your distance vision, reading vision, or both. You should be able to resume most normal activities within 2 or 3 days (see restrictions above), and your eye will usually be stable within 3 to 6 weeks, at which time glasses or contact lenses could be prescribed.

5. **Common Symptoms:** Your post-operative eye may be red, sore, and scratchy feeling for a few days after surgery. Excess tearing, watering and light-sensitivity are common-wear dark glasses if you need to. Your vision may be blurry and cloudy for a short time after surgery. You may take Advil, Motrin, Aleve or Tylenol for mild discomfort/pain. For

+ Ophthalmology  
+ OculoFacial  
Plastic Surgery  
+ Facial Cosmetic  
Surgery

Phone [850] 266+7500

Fax [850] 390+4576

Web [www.MillsEye.com](http://www.MillsEye.com)

Send emails to: [info@millseye.com](mailto:info@millseye.com) Search "Millseye" to download App Page 3 of 4



**MILLS**  
EYE +  
FACIAL SURGERY

David M. Mills MD, FACS  
Ophthalmologist +  
Facial Plastic Surgeon

+ **Crestview**  
182 E. Redstone  
Ste. A  
Crestview, FL 32539

+ **Gulf Breeze**  
1300 Shoreline Dr.  
Ste. 104  
Gulf Breeze, FL 32561

+ **Pensacola**  
9050 University Pkwy  
Pensacola, FL 32514

mild scratchy feeling of the surgical eye you may use an over the counter artificial tear, we recommend preservative free versions of any brand you choose.

- 6. When to notify us:** Any time you feel you need to speak to us or something is wrong !
- a. Specifically, REPORT ANY OF THE FOLLOWING TO OUR OFFICE IMMEDIATELY :
    - i. Sudden or excessive bleeding, swelling or bruising.
    - ii. Any itching, rash or reaction to medications.
    - iii. Fever, temperature over 100 degrees.
    - iv. Pus or Discharge from the incision (other than blood)
    - v. Pain out of proportion to the situation, or progressively worsening rather than improving, unusual or unbearable pain
    - vi. Worsening redness of the eye
    - vii. Worsening swelling of your eyelids
    - viii. Loss of vision
    - ix. Unbearable light sensitivity
    - x. Flashing lights
    - xi. Showers of floaters
    - xii. Any concerns or questions call us at 850-266-7500. Please allow 30 minutes for us to return your call before calling again. If no call is returned after one hour, there may be a problem with the phone service, or the doctor may be tied up, etc. Please feel free to proceed to the nearest Emergency Room and continue to call our number. We will always make every effort to return all calls. However, our surgeons take call for the hospitals and may be in surgery even in the middle of the night and unable to return a call.

**7. Following Instructions:** Faithful adherence to pre-operative and post-operative instructions will help minimize swelling, pain and discomfort. It is also imperative that you follow instructions in order to obtain the best possible outcome from your surgery. While we do not make any guarantees about the final outcome of any procedure, we are on your side and also want the best possible outcome for you. Failure to comply could result in a less than optimal outcome. Although serious complications are exceedingly rare, if you do feel you are experiencing any problems, please do not hesitate to contact our office for assistance at (850) 266-7500 (24 hours).

**8. Affirmation:** I have read the above instructions and they have been explained to me by Dr Mills, a member of his office staff, and/or a member of the surgery facility staff. I understand what I am supposed to do. I understand that I will call Mills Eye + Facial Surgery at 850-266-7500 if needed. I understand that the surgery facility is independent of the office, and that any facility or anesthesia billing or anesthesia questions need to be answered by the surgical facility or anesthesia team. I have received / read and understand the importance of following the above instructions. I agree to follow the instructions given to me.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

+ Ophthalmology  
+ OculoFacial  
Plastic Surgery  
+ Facial Cosmetic  
Surgery