



Universal Vision Medical Center

**Farnoosh Tinoosh M.D. FAAO, FABHP**

**Universal Vision Medical Center**

1503 South Coast Drive Suite 120

Costa Mesa, CA 92626

(714) 424-9955

**Name:** \_\_\_\_\_ **Surgery Date:** \_\_\_\_\_ **Eye:** \_\_\_\_\_

**BEFORE:**

1. Do not eat or drink anything after midnight, the night before your surgery. You may take prescribed medication with a sip of water as directed by your primary care physician.
2. Do not use any make-up such as: mascara, eyeliner, eye shadow etc. or any fragrances on the morning of surgery.
3. Please arrive 1 hour prior to surgery. Bring with you a California valid ID and all insurance cards (if applicable).



**Vigamox/Gatifloxacin/  
Ocuflox  
(Antibiotic)  
3 Days Before  
1 DROP 2 X A DAY**



**ILEVRO/ Nevenac/  
Ketorlac  
(Anti-Inflammatory)  
3 Days Before  
1 DROP 2 X A DAY**

**Start Date:** \_\_\_\_\_

**Patient Initials:** \_\_\_\_\_

**AFTER:**

1. Your operated eye will be covered with a patch after surgery. Leave in place until the next morning.
2. You may start the drops in the evening after the surgery. Do not touch the eye with the bottle. Tape back the clear shield after you put your drops in your eye.
3. It is necessary to wear your clear eye shield at night for 1 week after your surgery.
4. You may NOT drive the day of surgery. Please have someone drive you to your appointment and back home.
5. The day of your post-operative appointment, you may bring with you ALL medication drops.
6. You may drive the day after surgery if you feel comfortable and confident.
7. Routine activities are permitted. You may be up and about, but you may not bend or lift.
8. You may shower or bathe the day after surgery. Avoid getting soap/shampoo in your eye.
9. Avoid swimming pools, hot tubs and saunas for 2 weeks following surgery.
10. Tearing is normal; With a clean tissue, gently blot excess tears but do NOT rub your eye. A modest amount of irritation is normal. After surgery you may also experience a scratchiness or sandy, gritting feeling. Use lubricants for comfort.
11. Do not wear eye make-up (eyeliner, mascara etc.) for 5 days following surgery.
12. You may resume exercise 3 days after surgery. Avoid getting perspiration in the eye.
13. You may watch TV, read or do computer work, but do not expect your vision to be crystal clear the night of surgery. If your vision fluctuates do not be alarmed.
14. There are no diet restrictions from your surgery.
15. Use Tylenol if you have a headache. Should you experience unusual pain, develop a fever, or note a significant decrease in vision, call the office. After 5 p.m., please inform the answering service you just had surgery and they will contact Dr. Tinoosh for you.



**Vigamox/Gatifloxacin/  
Ocuflox  
(Antibiotic)  
1 DROP 2 X A DAY  
(1 WEEK)**



**ILEVRO/ Nevenac/  
Ketorlac  
(Anti-Inflammatory)  
1 DROP 2 X A DAY  
(1 MONTH)**



**Durezol/  
Prednisolone  
(Steroid)  
1 DROP 2 X A  
DAY  
(1 MONTH)**

Use antibiotic first and be sure to leave at least 5 min between.

**I acknowledge the instructions for before and after surgery. (Patient Sign.):** \_\_\_\_\_