

CATARACT & LENS REPLACEMENT POST-OPERATIVE INSTRUCTIONS

512-250-2020

www.austineye.com

USE THE FOLLOWING DROPS IN THE EYE THAT HAD SURGERY

Medicated Eye Drop – PMB (Prednisolone Phosphate, moxifloxacin, and bromfenac)

- 1 drop, 3 times per day for the first week, then
- 1 drop, 1 time per day for the next 3 weeks, then stop the drop
- To help with any burning sensation, you may instill an artificial tear 1-2 minutes prior to your medicated drop



Artificial Tears/Lubricating Drops: “Comfort Drop”

- Use, **at minimum**, 1 drop every hour **WHILE AWAKE** the day of and the day after surgery
- If your eye burns, stings, itches, scratches, feels dry, or feels like a piece of grit in it; use extra artificial tears



YOU MAY:

- Take a shower & wash your hair
- Perform light exercise such as walking, light jogging, golfing, bike riding
- Resume normal diet & medications
- Watch TV, read, and otherwise use eyes normally
- Take Tylenol (acetaminophen) or Advil (ibuprofen) to help with post-operative pain or discomfort
- Wear protective goggles during yard work and/or contact sports
- Remove eye shield to give eye drops
- Wear eye shield all day & night of surgery. Then, just while sleeping for the remaining 7 days after surgery.

AVOID FOR 1 WEEK:

- Rubbing or bumping your eye
- Lifting anything over 25 lbs
- Using makeup, lotions, creams, or sunscreen around your eye
- Prolonged time with head below waist (gardening, downward dog, etc.)
- Yoga, pilates, massages, & facials
- Strenuous exercise or exercise which significantly engages core

AVOID FOR 1 MONTH:

- Swimming or submerging head in water (pools, baths, lakes, etc.)

YOU MAY EXPERIENCE AFTER SURGERY:

- Floaters, both large or small – This typically improves within one month of surgery
- Redness and/or swelling around the eye or eyelid
- Light sensitivity and/or blurred vision
- Your eye may tear up or feel scratchy – if so, administer more artificial tears

AUSTIN EYE LASER AND SURGICENTER PATIENT'S RIGHTS

The staff and personnel of the Austin Eye Laser and Surgicenter recognize the basic human rights of patients. Efforts are directed to providing care commensurate with those basic human rights. Patients are treated with respect, consideration, and dignity. Patients are provided, to the degree known, complete information concerning their diagnosis, treatment, and prognosis. When it is medically inadvisable to give such information to a patient, the information is provided to a person designated by the patient or to a legally authorized person. Patients are provided appropriate privacy of any information or treatment concerning his/her own medical care. Patients have the right to be informed of any persons other than routine personnel that would be observing or participating in his/her treatment. Patient disclosures and records are treated confidentially, and, except when required by law, patients are given the opportunity to approve or refuse their release. Patients are given the opportunity to participate in decisions involving their health care, except when such participation is contraindicated for medical reasons.

Patients have the right to change primary or specialty physicians if other qualified physicians are available.

Patients have the right to:

- Know the person or persons responsible for coordinating his/her care.
- Receive from his/her physician enough information so that he/she may understand the procedure or treatment being received in order to sign the informed consent.
- Refuse treatment and to be informed of the consequences of his/her actions.
- Expect quality care and service from the facility.
- Change primary or specialty physicians if other qualified physicians are available.
- Be informed of mechanism by which he/she will have continuing health care following discharge from this surgery center.
- Examine and receive an explanation of his/her bill regardless of source of payment.
- Know in advance the expected estimated amount of his/her bill. Patients have the right to know what Austin Eye Laser and Surgicenter rules and regulations apply to his/her conduct and responsibilities as a patient.
- Information concerning the institution to which he/she may have to be transferred. The institution to which the patient is being transferred must give approval prior to transfer.
- Be assured that marketing and advertising regarding the competence and capabilities of this facility and its organization are not misleading to patients.
- Be free from any act of discrimination or reprisal.
- Voice grievances regarding treatment or care that is (or fails to be) furnished.
- Be free from all forms of abuse or harassment.
- Be fully informed about a treatment or procedure and the expected outcome before it is performed.

PATIENT'S RESPONSIBILITIES

- It is the patient's responsibility to read and understand all permits and/or consents he/she signs. If the patient does not understand, it is the patient's responsibility to ask the nurse or physician for clarification.
- It is the patient's responsibility to communicate honestly and directly and provide, to the best of his/her knowledge, accurate and complete information about present complaints, past illness, hospitalizations, prescription and over-the-counter medications, herbal remedies, dietary supplements and other matters relating to your health.
- It is the patient's responsibility to read carefully and follow the pre-operative instructions he/she receives from his/her physician and/or the Austin Eye Laser and Surgicenter.
- It is the patient's responsibility to notify Austin Eye Laser and Surgicenter if he/she has not followed pre-operative instructions.
- It is the patient's responsibility to provide transportation as directed to and from Austin Eye Laser and Surgicenter appropriate with the medications and/or anesthetics he/she will be receiving.
- It is the patient's responsibility to read carefully and follow the post-operative instructions he/she receives from the physician(s) and/or nurses. This includes post-operative appointments.
- It is the patient's responsibility to contact his/her physician if he/she has any complications.
- It is the patient's responsibility to ensure all payments for services rendered are in a timely basis and ultimate responsibility is his/hers, regardless of whatever insurance coverage he/she may have.
- It is the patient's responsibility to treat all staff, other patients, and visitors with courtesy and respect; abide by all surgery center rules and safety regulations; and be mindful of noise levels, privacy, and number of visitors.
- It is the patient's responsibility to notify the administrator, nurse manager, or their designee at Austin Eye Laser and Surgicenter if he/she feels any rights have been violated, has a significant complaint or a suggestion to improve services or quality of care. This can be accomplished by filling out our patient questionnaire or by direct contact.

Any complaints may be directed to the administrator of Austin Eye Laser and Surgicenter at (512) 250-2020. If this venue does not provide you with an acceptable resolution, the Texas Department of Health is the responsible agency for ambulatory surgical center complaint investigations. Any complaints may be submitted to the Texas Health and Human Services Complaint and Incident Intake Mail Code E249 P.O Box 149030 Austin, TX 78714-9030 (800) 458-9858 option 5 and/or for Medicare patients, the Office of the Medicare Beneficiary Ombudsman. <http://www.cms.gov/center/ombudsman.asp>

(The ombudsman's role is to ensure that Medicare beneficiaries receive the information and to help them understand their Medicare options and to apply their Medicare rights and protections).