

### Instructions for After Cataract Surgery

1. Keep the patch on the operated eye for about 2 hours. After removing the patch, you might see some double vision (not common). Should you see some, simply replace the patch and check again after another hour. If the double vision is minor, do not worry about it, as it will go away.
2. It is okay to use your eye, even after taking off the patch. Keep in mind that the vision may be blurry or teary the first day. The clarity will typically improve by the next morning. If you have discomfort or pain use Tylenol. A scratchy sensation is not unusual for the first day or two. Note that redness, especially under the upper eye lid, is normal since this is the location of the incision.
3. Upon removing the eye patch, begin using the antibiotic-steroid eye drop (Tobradex) in the operated eye. The eye drop is to be used *4 times per day* (breakfast, lunch, dinner, and bedtime) for 7 to 10 days.
4. Ilevro (or another NSAID such as Nevanac) is to be used once-a-day for 2 weeks.
5. Continue using all of your other medications and eye drops, such as for glaucoma, as usual, unless otherwise instructed. (Remember to allow 5 minutes between installation of different eye drops should you be using more than one type.)
6. The plastic shield should to be worn for the first night or two while sleeping to prevent you from rubbing your eye. (No cotton pad is necessary beneath the plastic shield.)
7. Avoid any very heavy lifting during the first couple of days following your eye surgery. *Heavy lifting* refers to anything heavier than 50 pounds. Stooping is safe as long as no significant weight is lifted. Avoid swimming, mascara, and dirty environments for the first two weeks. Aside from these restrictions, other activities are permitted.
8. Your normal post-operative visits are 1 day, 1 week, and 1 month. The exact time will be given to you before surgery, but often the first post op visit is the next morning at 9:30 AM. However, should any change occur in your vision, or any additional redness occur, especially if associated with pain, please call our office to see if an extra visit is necessary.
9. Refraction for new glasses will not be checked until after 1 month. The reason for the wait is that during the healing phase, your prescription could vary dramatically, and it is best to delay prescribing glasses until your eyes are optically stable.