



Leaders in Eye Care

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Cataract Surgical Procedure Postoperative Instructions/Medications

1. If you experience any discomfort following surgery you may take extra strength Tylenol, Advil or ibuprofen. If this doesn't relieve your discomfort, please call our office. Do not rub the eye.
2. Do nothing strenuous for 1 week. Do not lift anything over 20 lbs for one week. Avoid swimming and activities in which your eye might be injured. No yard work or gardening until approved by the doctor. You may do cooking, some light housework, reading, watch television, walking, and climb stairs if you move slowly.
3. Do not use any eye makeup on the operated eye for one week after surgery.
4. Wash your face thoroughly the night before and the morning of your surgery. Do not get soapy water or foreign materials in your eye. Do not shower the day after the surgery, but you may shower the second day after surgery.
5. You may ride in an automobile to and from the doctor's office, but excessive and unnecessary travel should be avoided for 3 days. You may drive, if necessary, 3 days after surgery.
6. Resume your regular diet after your surgery.
7. Your vision may be distorted for a few weeks. If at any time you experience a sudden or drastic loss of vision, or severe pain, please call the office.
8. Beginning the day of surgery, take your eye drops as directed below:

8:00 am 2:00pm 8:00pm

PLEASE WAIT FIVE MINUTES BETWEEN DROPS

Note: The doctor will instruct you on how to use your drops on each postoperative visit, and any change in medication will be explained by the doctor.

If you have any problems or questions, please call the office immediately.