

CATARACT SURGERY

POSTOPERATIVE INSTRUCTIONS

We congratulate you on your recent surgery and hope your experience was a comfortable one. These postoperative instructions will help make your recovery pleasant and complete.

Your vision may not be clear right away; do not be alarmed. The vision should improve over the next few days. Glasses may be prescribed (if necessary) to sharpen your distance and reading vision, in approximately 3-4 weeks' time.

1. **DO NOT RUB THE OPERATED EYE!**
2. Do not lift anything too heavy. As a general rule, do not lift anything over 20 pounds.
3. If you need to pick something up, bend at the knees. Do not let your head go lower than your waist (do not bend over at the waist).
4. Temporarily refrain from golf, tennis, skydiving, bungee jumping, or any other jarring or strenuous activity. Avoid activities in which there is a risk of your eye being hit by a moving object. Jogging, riding a stationary bike, or using a treadmill are allowable. If you have any questions about this, including the issue of sexual activity, please consult your doctor.
5. As much as possible, avoid sleeping on your stomach or on the side of the operated eye for one week.
6. An eye shield will be taped over your operative eye at the conclusion of surgery. You may remove this shield when you get home.
7. Immediately after surgery, protecting your eye from accidental injury will be of paramount importance. During the waking hours, you should wear your old glasses. If you have sunglasses, these may be worn outdoors. At bedtime, we have provided you with goggles that have an adjustable strap. These should be worn whenever you sleep, at nap time or bedtime. As an alternative, you may use the eye shield you were given at surgery. Remember, your old glasses are for protection only; they will not make the vision clear in your operated eye.

8. Avoid getting water in the eye while washing. You may keep your eyelids clean by very gently wiping them with a warm, wet washcloth.
9. You may read or watch TV as long as you are comfortable doing so.
10. It is normal to experience mild irritation, a scratchy sensation, or mild ache for several days after surgery. You may take Tylenol to relieve any mild discomfort. It is **not** normal to have severe or progressively worsening pain or loss of vision. If any of these occur, do not wait; call your doctor immediately at (313) 724-2273. After hours, you may call (313) 396-0524 to page the doctor. If you are unable to reach your doctor by phone, go to your doctor's office or the emergency room immediately.
11. You will be instructed to self-administer eye medications, generally drops, after surgery. You will begin using eyedrops immediately upon leaving the surgery center.

****When you do use the drops, remember to shake each bottle before use and wait 5 – 10 minutes between the different drops. Please bring your eye medications to your exams.**
12. Unless otherwise instructed, you should resume taking your other medications (for high blood pressure, heart pills, etc.) after leaving the hospital.
13. In general, the restrictions regarding physical activity and eye protection listed above are to be observed for 3-4 weeks. The times, however, may vary; consult your doctor.
14. Feel free to discuss any questions or concerns with your doctor or his technician.

There are no trivial questions, only ones not asked.