

INSTRUCTIONS FOR PATIENTS AFTER CATARACT SURGERY

ATTENTION

Your postoperative appointment will be on June , 2018 at am/pm
ADDRESS: 801 Eglinton Ave West # 301; tel: 647-748-837

- 1) For the first week after the surgery—please do not do any heavy lifting, try to avoid bending.
- 2) Take off your plastic shield when you get home today and start using the three drops you were given a prescription for right away, one minute apart. Use all the drops at least three times today.
- 3) Before going to bed for the first three nights after the surgery, tape a clear plastic shield you are wearing now over your eye (you can buy the clear tape in any pharmacy).
- 4) Please find 2 repeats on your prescription for the drops that are required after both cataract surgeries (right eye and left eye), if necessary.

For the first week after the surgery, use all three drops four times a day. Wait for a minute after each drop. Please use drops only in the eye which was operated on.

**5) After the first week: stop the antibiotic drop (Vigamox or Zymar).
Voltaren Ophtha and Pred forte apply one drop 3 times daily until bottle is finished.**

- 6) Mild irritation, scratching, tearing in the eye is normal for the first several weeks after the surgery.
- 7) If you start experiencing severe pain in the operated eye and your vision starts deteriorating rapidly—immediately go to the emergency room of the Mount Sinai Hospital and tell the triage nurse that you had a cataract surgery recently.
- 8) When patients have denser cataracts, more ultrasonic energy is released during the surgery which usually leads to variable degree of swelling of the cornea, the clear part of the eye, which would make the vision blurry for at least several days after the surgery. If there is no associated pain, it is usually normal and is not a cause for concern.
If you have surgery on the first eye today, you can be placed on the waiting list for the surgery in the other eye during **Your postoperative appointment.**
- 9) About a month after you had surgery in both eyes you can visit any optometrist to get a new prescription for glasses (either reading, distance or both).

- Avoid excessive straining, heavy lifting (greater than 5 pounds), bending below the waist or any strenuous exercise for at least one week after you surgery
- If there is excess secretion, wipe the lids with a clean cotton ball moistened with water. Avoid exerting pressure on the eye , particularly the upper lid
- You may watch television, read and continue with your normal daily activities around the house
- You may go outdoors for a walk, it is not necessary to cover the eye but it is preferable to shield it from bright light and wind using UV protective sunglasses.

Ask your doctor when you are permitted to resume driving

- If necessary take a mild laxative to relieve constipation
- Avoid getting water into your eye for the first week after surgery.

You may shower and wash your hair carefully two to four days after surgery but DO NOT get water into your eye.

DO NOT SWIM IN THE POOL OR OPEN WATER ONE MONTH AFTER YOUR SURGERY