



Cataract Surgery Postoperative Instructions

PLEASE AVOID THE FOLLOWING:

- Avoid yard work for a least 1 week
- Avoid swimming, hot tubs and saunas for at least 2 weeks
- Avoid eyeliner or mascara for 2 weeks.
- Avoid bending at the waist and picking up anything heavier than 20lbs for at least 1 week.
- Avoid rubbing the eye for at least 1 month.

If you have any of the following:

- SEVERE PAIN OR THROBBING IN THE EYE
- VOMITING
- RAPIDLY DECREASING VISION OR SIGNIFICANT LOSS OF VISION IN THE OPERATED EYE.

CONTACT THE OFFICE IMMEDIATELY AT 270-415-0245 FOR AFTER-HOURS EMERGENCY (If you have had surgery with one of our doctors within the past 30 days)

When calling our office after hours:

1. Tell the after-hours phone system that you recently had surgery.
2. When prompted, select the option to speak with or contact your surgeon/doctor.
3. The after-hours system will collect the necessary information and notify the appropriate doctor or on-call provider.
4. Please keep your phone nearby and available so the doctor or on-call provider can return your call.

Please be prepared to provide your name, date of birth, the date of your surgery, your surgeon's name, and a brief description of your concern.

If you are experiencing a life-threatening emergency, do not wait for a return phone call. Call 911 or go to the nearest emergency department.

LISTED ON THE BACK ARE SOMETHINGS THAT YOU MIGHT EXPERIENCE

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You just had innovative very Small Incision Surgery. There are no stitches. Listed below are somethings that are okay to do and what you need to avoid.

DAY OF SURGERY

- No heavy lifting or pushing on or rubbing of the surgery eye.
- It is OK to take Tylenol (acetaminophen) or Motrin/Advil (Ibuprofen) tablets if you have mild pain or discomfort. Call the office if this does not relieve your pain.

- Resume all of your home medications today, - unless instructed otherwise by your doctor.
- Your eye shield will be put on at the end of your surgery. Please keep your eye shield on until you see the doctor at 1-day post op visit.
- Wear your eye shield when sleeping or napping for at least 1 week.
- DO NOT drink alcohol for 24 hours after surgery.
- DO NOT drive for the remainder of the day. It is OK to drive the day after surgery if you feel your vision is good enough.

It is OK to ride in a car at any time after surgery.

- DO NOT make important decisions or operate machinery for the remainder of the day.
- DO NOT bend at the waist (with your head below your waist) until after your appointment the next day.
- It is OK to use your operated eye for television watching, reading or similar activities.
- It is not necessary to wear sunglasses unless the glare or sunlight bothers your eye. They are for your comfort.
- You may wear your prescription glasses if you wish. It will not hurt your operated eye and will give you some protection, however you may see better without them. It is not necessary to wear your glasses all of the time.
- You may walk or do light exercise.

WHAT TO EXPECT AND WATCH FOR:

- Your vision may be blurry and/or foggy for the first few days. Your pupil may stay dilated for the first few days.
- You may experience temporary floaters (black or gray specks) or infrequent flashes for a few days
- You may experience halos and glare around lights or a flickering light sensation for a few days
- Your eye may feel irritated, scratchy, or feel like something is in it
- Your eye may appear red or bloodshot. This will gradually lessen as your eye heals