

CATARACT SURGERY DISCHARGE INSTRUCTIONS

This instruction sheet should answer most of your questions concerning post-operative care and activity for the first 24 hours following your cataract surgery.

- After surgery, the eye shield is to be worn as instructed by the recovery nurse at the surgical facility. The shield is to be worn at all times for naps or sleeping during the first week following surgery. Avoid putting pressure on the shield or rubbing your eye and try to avoid sleeping face down.
- No heavy lifting, bending, vigorous exercising, or other strenuous activity until after your first post-op appointment. Also, no driving until doctor says its ok (you are usually cleared to drive at your first post-op visit).
- There is no limitation on walking, reading, writing, stooping, TV, housework, traveling/flying, or sexual intercourse. Bath, shower, shampoo, hair products, and shaving are ok after surgery. No eye makeup should be worn for one week following surgery. Swimming is allowed ONE WEEK AFTER surgery (with goggles). Sunglasses may be worn for comfort while outside.
- The anesthetic used during your operation will begin to wear off several hours after your surgery. It is unusual to have greater than minor irritation in the operated eye. Discomfort should be mild and can be alleviated by taking an over-the-counter pain reliever of your choice. However, if the pain is severe or if you experience nausea, vomiting or increased temperature, please call the doctor's office immediately at **#602-467-4966**.
- You may experience blurred or double vision following surgery. This is usually gone by the next day. Your vision should not suddenly diminish, but should remain fairly stable or improve.
- You may resume your regular medications, and any glaucoma drops, unless you have been instructed otherwise. Begin using your post-operative eye drops provided in surgery kit. Instructions for eye drops are on back side of this piece of paper.