

What to Expect after Cataract Surgery

- Discomfort varies from patient to patient
- Most common complaints are **scratchiness, dull ache in eye, headache, burning, stinging, tearing, runny nose, redness and light sensitivity**
- Your vision is expected to be **cloudy, foggy, and/or blurry** on the first day
- Your pupil may be **dilated or constricted** on the first day and for several days

Cataract Surgery After Care

- Resume your regular diet
- Rest the remainder of the day
- You may watch television, read and use the computer
- Wear the **eye shield** all day today and tonight
- Use **lubricating eye drops 3-4 times a day or when needed** for scratchiness for several weeks. Chilling the drops may be very helpful.
- You may take over the counter **Acetaminophen** or **Ibuprofen** for mild discomfort
- If the discomfort persists, take one tablet of **Hydrocodone** with food every four hours as needed; you may then take a nap
- You may take **Dalmane** as needed for sleep at bedtime
- Please take **Showers only** for two weeks. No swimming or use of hot tubs for 2 weeks, beginning day of surgery
- **Eye makeup** may begin in four days
- **Avoid lifting** greater than 25 pounds **per hand** for two weeks
- **No rubbing** eye for 2-3 weeks
- **One Day Post-op Appointment:** _____
- Bring your **post-op kit** and its contents to each eye surgery

Is It an Emergency? 770-394-4000

* Option 7

Call the office if you experience:

- Deep, boring pain in the eye that is not improved with pain medication
- Nausea and/or vomiting
- Appearance of dense, floating specks
- Bright flashes of light
- "Curtain" effect off to the side
- Sudden, dramatic change in your vision

Eye Drop Instructions

Wash hands before administering drops. Wait at least one minute between each drop!

	<p>Generic Polytrim Trimethoprim Sulfate & Polymyxin B Sulfate</p> 	<p>Lotemax</p> 	<p>Ilevro</p>  <p>MAY STING YOUR EYE</p>
<p>*Remember to use lubricating drops 3-4 times a day for several weeks AS NEEDED</p>			
<p>Start the day of surgery: Days 1-7</p>	<p>4 times a day Breakfast, Lunch, Dinner, Bedtime</p>	<p>4 times a day Breakfast, Lunch, Dinner, Bedtime</p>	<p>1 time a day</p>
<p>Day 8</p>	<p>STOP on Day 8</p>	<p>2 times a day for an additional 4 weeks Breakfast & Dinner</p>	<p>STOP on Day 8</p>