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Cataract Post-Op Instructions

1. Go home and rest. Do not rub, touch or press on your eye.
2. You will use your prescribed eye drops post operatively as directed.
3. If a pressure patch or shield is taped on by surgeon, keep it clean & dry. Do not use eye drops. The patch/shield will be removed the next morning.
4. Wear your sunglasses following surgery. You will wear the eye shield for 1 week while sleeping. It is advised that you continue to wear sunglasses whenever outside.
5. The day after surgery you will be seen at our office to evaluate your vision and eye pressure. A follow up appointment will be scheduled at that time.
6. Avoid all contact sports for 1 month. Do not lift more than 25lbs. No swimming, hot tubs, saunas or any contaminated water for 2 weeks. You may shower and wash your hair the day after surgery. Stay clear of any activities where you have a risk of being struck in the eye. You may resume mild exercise 1 day after surgery, but do not increase your level of exercise for 2 weeks. The time limitations on activities may be changed at the Doctor's discretion.
7. Possible symptoms: redness, blurred vision, irritation, soreness, pink or reddish hue, visual fluctuations. You may also experience starbursts, flashes of light, and halos around lights or sensitivity to light. Symptoms will become less noticeable with time.

**IF YOU EXPERIENCE A SUDDEN DECREASE IN VISION
OR SEVERE PAIN, PLEASE CONTACT OUR OFFICE AT
520-576-5110**