

Post Operative Cataract Instructions

Dr. Jennifer Lee, MD FACS

The follow instructions apply to most patients who have had cataract surgery. If Dr. lee has given you different instructions, please follow that advice, since each person's health and situation is different.

What to expect

It is normal to have blurry, fluctuating, shimmering vision and mild discomfort after surgery. The drops may occasionally sting. The drops may also leave a harmless white residue in the corner of your eye. You may use artificial tears at any time if your eyes are dry or irritated. The eye might have slight redness, mild watering, mild irritation, glare and slight drooping of upper eyelid. These will remain to some extent for 6-8 weeks.

Please wear your glasses during the day and wear the shield or goggles at night for seven days.

Sunglasses may be useful if the eye is sensitive to light.

You will receive a new prescription for glasses 4 weeks after your surgery. Your glasses will not be correct after the surgery. As a temporary measure, store bought reading glasses may be used to help your reading vision. You can also pop the lens out of your old glasses on the side that had surgery if that makes your vision more comfortable. It does not hurt you to use glasses that are incorrect, and it doesn't hurt your eyes not to use glasses at all.

Please make sure you are keeping your eyelids clean after surgery. The best way of doing this is to place a hot damp washcloth over your closed eyes and let them soak for 5 minutes. Then take some diluted baby shampoo and a wash cloth or cotton ball and gently scrub around the base of the eyelashes taking care not to open your eye. Do this twice a day to make sure you are keeping your eyelashes clean.

Post operative pain is usually minimal. When the local anesthetic wears off there is a scratchy sensation but usually no pain. Two Tylenol tablets are preferable to aspirin if there is some slight discomfort. Severe pain should be reported to the doctor immediately.

If you notice a significant decrease in your vision, flashing lights or you have significant pain that is not eliminated by tylenol please call the office 425.889.2020.

What are the precautions to be taken after surgery?

- **Activity:** Normal activities except heavy labor or sports can be resumed immediately. Please do not drive on the day of surgery or the following day. Although the wound is small, straining, squeezing of eyes, a fall or blow to the eye could result in disastrous complications and even blindness. Use common sense and avoid dangerous situations and activities. At 4 weeks you can resume all normal activities
- Avoid hard rubbing or squeezing your eye for one month
- **Protection:** Please wear the eye shield until you get home. It should be replaced before you go to bed or take a nap for first week so you do not rub your eye while asleep or roll over on your eye. Use the eye patch or goggles at night for one week. Dark eyeglasses may be worn during the daytime, especially outdoors, to avoid any discomfort that you may have from bright light and also to prevent any injury to eye.
- **Face wash:** For the first few days, close your eyes when washing your face.
- **Shaving:** Shaving of the beard is permitted after the operation.
- **Bathing:** One may wash the hair with the head tilted backwards to avoid any water splashing into the eye. Just close your eyes to wash your face and when you are in the shower try to keep that eye closed.
- **Games:** Normal daily activities including walking, reading and watching television may be resumed immediately after the operation. However avoid strenuous activities like jogging, lifting weights, swimming, gardening, aerobics, contact sports etc. for two weeks.
- **Sex:** You can resume your sex life a week or two after the operation
- **Makeup:** Avoid eye makeup for 2 weeks.
- **Diet:** There are no dietary restrictions and you may take your routine diet. However, the restrictions as per your pre-existing medical problems, if any, are to continue.
- **Driving:** Use your best judgment.
- **Job:** You may get back to your job 2 days after surgery.
- **Travel:** You can travel one week after surgery. You do not need to be worried about air travel. Keep your eye well lubricated with artificial tears while on the flight.

Eye Drops

There are **three** different medications that you should have in your possession before you leave the surgery center. Some of them have several names so you only need **one** out of **each** category listed below

Some of the eye drops may sting.

1. Vigamox, Zymar, Ocuflax, Besivance, Ocuflaxacin
2. Prednisolone acetate, Predforte, Omnipred, Durazol
3. Acular, Acular PF, Acuvail, Nevonac, Xibrom, Ketorolac

Please take all three drops every two hours today. You do not need to wake yourself up from a nap to take them. Just take them when you wake up. If you wake up in the middle of the night, please take your drops.

You need to separate the drops by 10 minutes. Please only use one drop of each kind at a time. Only a small amount of medication needs to get in each time. Close your eyes between the drops to help the medication absorb into your eye.

After the first day after surgery please mark your calendar with the schedule below

Week one—Drop number 1,2,3 four times a day

Week two—Drop number 2,3 three times a day. Stop drop number 1

Week three—Drop number 2,3 two times a day

Week four—Drop number 2,3 one time a day

Week five—Stop all drops

If you run out of your eye drops and you are within one or two days away from finishing the schedule, do not worry about refilling the medications.

If you need refills for your eye drops, please call your pharmacy directly and they will get in contact with us. This is the fastest way of getting your medications.

Questions? Email us at **kirklandeye@gmail.com**