



CATARACT SURGERY

Pre/Post Operative Instructions

Pre-Operative Instructions

3 Days Before Surgery

Instructions

- Use your anti-inflammatory and antibiotic eye drops according to the instructions given to you during your pre-operative appointment. These eye drops are to be placed in the eye that will undergo surgery.
- Remember to space the drops five minutes apart.

The Day Before Surgery

Eating Instructions

- Eat a light evening meal
- DO NOT EAT ANYTHING FROM MIDNIGHT UNTIL AFTER SURGERY!

Other Instructions

Shower or bathe and wash your hair.

Day of Surgery

Medications

- Bring your eye drops to the surgery center.
- Take all of your usual oral medications with a small sip of water.
- Do not use glaucoma drops in the operated eye unless instructed to.
- Use your usual glaucoma medications in the eye that is not having surgery.
- If you are diabetic, DO NOT take your diabetes medicine.
- Please DO take any blood pressure and heart medications with a small sip of water.



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Pre/Post Operative Instructions

- Always use a clean tissue to wipe your eye. Avoid using your body towel to dry your eyes as you can transfer bacteria from other parts of your body to your eye.

Other Instructions

- Do not use any eye makeup.
- If you wear dentures or hearing aids, you may wear them for surgery.
- Leave your valuables at home.
- Dress in clean, comfortable, loose fitting clothing.

Post-Operative Instructions

After Surgery

After surgery the eye is very delicate and you must take very good care of yourself for a minimum of 4 to 6 weeks. A successful operation can be destroyed, and the eyesight lost during this critical period. Technology has modernized surgery to the point where long hospitalizations are no longer necessary, but your body still needs time to heal.

Day of Surgery

Medications

- Please follow the instructions given to you in the surgery center regarding your drops. Do not press on or rub the eye. Space drops 5 minutes apart.
- You may take Tylenol for any eye discomfort and artificial tears for scratchiness.
- Please continue using your glaucoma drops in both eyes.

Meals

- Do not eat until after surgery. After surgery you may eat whatever you like.
- Keep your alcohol intake to a minimum as your anesthetic agents may still be in your body and you may have an unexpected reaction.



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Eye Protection

- You may remove your plastic eye shield and wear your glasses for protection.
- If you have an eye patch do not remove it, unless instructed to. The eye patch will be removed in the office the day after your surgery.
- You should wear glasses or sunglasses for your protection during the day.
- Wear the eye shield at night and when napping for protection.
- You do not need gauze under the shield.

Activity

- Keep your activity light. You may watch television and go out to eat.
- Do not drive today.

Day After Surgery

Medications

- Bring your eye drops with you to all of your follow-up appointments.

Activities

- Glasses should be worn for protective reasons. Sunglasses may be worn in bright sunlight.
- Wear your eye shield at bedtime for one week after surgery. You should wear it for one month after surgery if you sleep on your side or belly.
- Avoid strenuous exertion or exercise for the first week.
- You may bend and lift whatever weight you feel comfortable with.
- You may bathe, shower, and wash your hair. Take care to prevent toxic substances from getting into the eye.

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- Close your eyes when splashing the face with water.
- No eye makeup for 4 weeks.
 - You should avoid swimming or hot tubs for the first 4 weeks.
 - You may watch television and do light reading the first week.
 - Sexual Activity – you may enjoy sexual relations.
 - Do not rub your eye for 4 weeks. Your wound takes about 4 weeks to heal completely.
 - Driving- Many people feel comfortable driving within a few days. Please use common sense and do not drive unless you feel comfortable doing so. If you are unsure, ask your doctor for recommendations.

What can I expect after cataract surgery?

Vision will fluctuate a great deal between patients. One patient may see very well the next day after surgery, while another may only see light or hand motions. This is due to the variation between different patients in the clarity of the cornea of the operated eye. White objects may appear pink for the first few days after surgery. Vision usually improves during the first week. It is normal to have some fluctuation in the vision, but if the vision is significantly worse or if you have severe pain, please call the office IMMEDIATELY at (562) 988-8668.

Small black spots may be noticed in the eye for several weeks following surgery. These should gradually clear. If you notice a sudden increase in these spots, please notify the doctor.

There will generally be a rough or scratchy feeling on the eye during the first days after surgery. This is the area where the incision was made. It will take a few days for it to be smooth and comfortable. Your eye may be sensitive to light. This may last for several weeks. There should be no pain. If you have minor discomfort, this can be relieved with Tylenol or Tylenol Extra Strength. If you have significant pain, please call the doctor.



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Your doctor can be contacted if you call the office at (562) 988-8668. During the night and on weekends, the telephone will be answered by an answering service. You should inform them that you recently had eye surgery and they will contact the doctor for you. We would rather have “needless calls” than have a patient ignore an important symptom. We are particularly concerned if you have pain or loss of vision.