



PATIENT INFORMATION POST-OP

PATIENT: _____ post operative appointment Thursday _____ am
Upstairs Office - Suite U4

POST-OPERATIVE GUIDELINES FOR CATARACT PATIENTS

WHEN YOU ARRIVE HOME:

Start eye drops as instructed on medication sheet.

MORNING OF APPOINTMENT, USE ALL DROPS.

YOU MAY DO THE FOLLOWING:

1. Watch TV and read
2. Light housework, hobbies, and shopping
3. Take walks and climb stairs
4. You may shampoo your hair **ONE WEEK** after surgery but do not get soap or water in your eye.
5. Drive a car, if OK'd by doctor
6. Brush hair and shave
7. Wipe discharge or crustiness from the eyelid with a clean tissue and warm water
9. If you must bend over, do so by bending your knees, not from the waist

YOU MAY NOT DO THE FOLLOWING:

1. Do not lift anything over 25 pounds, **NO swimming** for **3 WEEKS**, **NO water** in your eye for **3 WEEKS**, **NO vigorous exercise**, and **NO bending over**.
2. **DO NOT RUB** your eye or put pressure on the eye.
3. No straining with bowel movements. Use a laxative if necessary.

THINGS TO REMEMBER:

1. **ALWAYS WASH HANDS** before putting eye drops in your eye.
2. To instill eye drops, gently pull the lower eyelid down and form a pocket. Close BOTH eyes for one minute. Repeat same procedure for each drop.
3. **Protective eye shield must be used** for two (2) weeks following surgery - when taking a nap or going to bed.
4. **BRING ALL OF YOUR EYE MEDICATIONS** to the office for your POST-OPERATIVE APPOINTMENT.
5. Resume any previous medications, unless specified by your physician.

Serious complications are unusual after cataract surgery. DO NOT HESITATE TO CALL the office if you have any questions or disturbing symptoms. Speak to your DOCTOR about them. If you experience any severe pain or loss of vision CALL the Surgery Center as soon as possible.

(732) 739-0707

The above information has been explained to me.

Date: _____ Patient Signature: _____