



INSTRUCTIONS FOR HOME CARE AFTER CATARACT SURGERY

- **BRING ALL DROPS TO EACH POST OPERATIVE APPOINTMENT.** Keep the clear plastic eye shield on until seen by the doctor, except when instilling the drops.
- Take it easy after your surgery. You may immediately resume activities such as reading, watching TV, and riding in a car. You may resume your normal meals and medications immediately after surgery.
- For the first week, avoid bending over. After that week, it is permissible to stoop and bend over as if picking something up from the floor, reaching down to tie your shoes or to pet the family pet.
- For the first week after surgery, you should wear the plastic shield at night. Avoid rubbing the eye for 1 week, after that be gentle when rubbing the eye.
- Bathing or showering is fine, but avoid getting water directly in the eye or submersing the eye in water for 1 week. If taking a bath do not put your head under the bath water. No swimming or hot tubs for 2 weeks. Women can resume wearing eye makeup after 1 week.
- You may drive 24 hours after your surgery, providing that your vision in the unoperated eye is satisfactory. Remember that your depth perception may be different, so it's important that you feel confident when driving.
- For the first week, you should avoid heavy lifting, nothing over 20 pounds. No vigorous exercising, such as tennis, jogging, racquetball, bowling, or yoga for 1 week. Exercise walking is permissible.
- Sunglasses are purely for your comfort. Your implant has a protective UV filter in it, so the eye is not harmed, even by bright sunlight.
- Vision will fluctuate initially after surgery. Experiencing reduced vision in dim lighting is common immediately after surgery as your pupil may be small. Your perception of color vision may be altered after surgery.

Patients often state that the vision seems “blue” or “pink” in the operated eye. This is actually the normal color you are seeing. As the cataract gradually forms your vision takes on a yellowish or brown tint. When it is suddenly removed the patient notices a sudden change in their color vision.

- Mild discomfort may be treated with 2 Tylenol every 4 hours. If you have significant pain immediately after the operation, call our office (512) 353-1300. The weeks following your surgery, if you develop significant pain, decreased vision, floaters or flashing lights, or if you show signs of infection (redness or swelling of the eye or eyelid), call the office immediately.
- If you need to talk with your surgeon the afternoon or evening of your surgery, call the office at 512-353-1300. If your surgeon is not in the office, the answering service will contact them immediately and will return your call.