

# **INSTRUCTIONS AFTER CATARACT SURGERY**

**Richmond Eye Associates, P.C.**

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**(804) 897-1510**

- 1) Please rest for the remainder of the day and tonight. Do not perform any strenuous activities, and avoid bending, lifting, or straining.
- 2) Leave the patch and shield on the operated eye until you are seen in the office tomorrow.
- 3) Try to sleep on your back, or on the side opposite your operated eye.
- 4) You may resume your normal diet and medication immediately. If you take medications for diabetes, please be sure to eat a healthy meal prior to restarting medications for your blood sugar.
- 5) Most patients experience little to no discomfort following cataract surgery. If you have mild pain, you may take the regular over-the-counter pain medication that usually works best for you (aspirin, Tylenol, ibuprofen, etc.). If you have significant pain, or if your over-the-counter medications do not relieve your symptoms, please call the office immediately.
- 6) Please bring all eye medications, including the prescription that you filled prior to surgery, with you to your appointment tomorrow.
- 7) If you have any problems tonight, or if you are confused about any instructions, please call the office at (804) 897-1510 to reach the doctor.
- 8) Don't drive the day of surgery or while taking narcotic pain medications.
- 9) Do not drink alcoholic beverages for the next 24 hours or while taking narcotic pain medications.
- 10) Do not make any important decisions or sign important papers for 24 hours.

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Patient/Representative Signature

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MD/Nurse Signature

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Date

