

RICHMOND EYE ASSOCIATES, PC

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Patient/Representative

MD/Nurse

date

POST OPERATIVE SURGERY INSTRUCTIONS CATARACT (NON-TOPICAL)

- Do not remove protective eye shield after surgery this will be taken off when you come in the office the day after your surgery.
- After that continue to wear the protective eye shield while sleeping at night or napping for one week (materials are included in surgery bag).
- Check vision in operated eye each day. If you notice any decrease in vision please contact the office.
- Put one drop of Vigamox and Econopred in the operated eye three (3) times a day, and if given Nevenac use that as well. Drops should be put into the space between your eyeball and your lower lid. To do this properly, you or whoever is helping you should place a finger on the cheek, just under your eye, and gently pull down until a "V" pocket is formed between your eyeball and lower lid. A mirror will be helpful if you are doing this alone.
Be very careful that the tip of the dropper bottle does not touch the eyeball at any time.

ACTIVITIES TO AVOID:

It is important that you avoid certain activities that might interfere with the healing of the wound. Generally, your common sense will tell you what activities might put too much strain on your eye.

- Avoid bending over and putting your head below your waist. If you pick something up, bend your knees and keep your head above your shoulders.
- Avoid straining, pulling, or lifting heavy objects. If you have trouble with coughing, vomiting, or constipation, please contact the office.
- Avoid squeezing your eyelids tightly together or putting pressure on your eye. **DO NOT RUB YOUR EYE.**
- Be careful not to fall or bump into things when going up and down steps, sitting down, or going through doors.
- No swimming for three weeks after surgery.
- No eye makeup for one week after surgery.
- Don't drive the day of surgery or while taking narcotic pain medications.
- Do not drink alcoholic beverages for the next 24 hours or while taking narcotic medications.
- Do not make any important decisions or sign important papers for 24 hours.

ACTIVITIES PERMITTED:

Reasonable activity is good for you and you are encouraged to get adequate exercise. Again your common sense should be your guide.

- Walking is to be encouraged. Be very careful, however, in going up and down steps and curbs.
- Reading and watching television will not hurt your eyes but limit it to a comfortable time period.
- Combing and brushing your hair lightly is permitted. Gentlemen may shave.
- You may have your hair shampooed at the barbershop or beauty parlor. Your head should be leaned back when washing your hair, not forward. Be particularly careful not to get any solution in your eye for the first week.
- You may bathe or shower as long as you do not get soap or water in your eye. Be particularly careful about slipping and falling in the shower or getting in or out of the tub.
- You may eat and drink just the way you did before your operation.
- You may resume taking any medication prescribed for you before your operation. Most patients may return to work in a few days, provided no heavy physical exertion is involved.

WHEN TO CONSULT YOUR DOCTOR:

Remember that a mild scratching sensation is to be expected. On the other hand, any sudden change such as an unusual amount of pain, swelling, or increase in discharge, should be reported to me immediately. If you should have any additional questions please do not hesitate to contact my office.