



STONY POINT
SURGERY CENTER

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Patient/Representative Signature

MD/Nurse Signature

Date

INSTRUCTIONS FOR HOME CARE AFTER CATARACT SURGERY

The success of your operation will depend, in some part, on how well you care for your eye once you are home. This handout provides some general guidelines to help you to properly care for your eye during the recovery period. Your physician may want to add special instructions to suit your needs. Since this guide is meant to supplement, not substitute for, your doctor's personal care, please feel free to call him if you have any questions.

EYE PROTECTION: You have a healing wound in your eye to carefully protect. For this reason, it is important for the next few weeks, depending on your doctor's wishes, to keep some protection in front of your eyes at all times.

- Dark glasses will protect your eyes from injury and bright light. If you wear your regular glasses, you can protect against glare by placing adhesive tape on the back of the lens on the side of the operated eye.
- To avoid injury, always wear your protective shield at night or while napping. Even with the shield, do not sleep on the side of your operated eye until your doctor tells you it is safe.

EYE CARE

- Since it may be difficult to care for your eye yourself, it is preferable to have someone else help you.
- Clean your eyelids very gently each morning and night with a sterile cotton ball or a clean washcloth moistened with lukewarm water. This will remove any secretions. Do not exert any pressure on the eye, particularly on the upper lid.

MEDICATION: Place drops and ointment into the space between your eyeball and lower lid. To do this, place a finger on your cheek, just under your eye. Gently pull down until a "V" pocket is formed between your eyeball and lower lid. You can use a mirror if doing this yourself. Be very careful not to touch the eyeball at any time with either the tip of the dropper bottle or the ointment tube.

- Put _____ drops of _____ in the operated eye _____ times a day beginning at _____ on _____.
- Put _____ drops of _____ in the operated eye _____ times a day beginning at _____ on _____.

ACTIVITIES TO AVOID: Do not do anything that will interfere with your wound. Common sense will generally tell you which activities might put too much strain on your eye. Your doctor will let you know how long you should continue to be careful.

- Avoid bending towards your feet. If you must pick up something, bend your knees, keeping your head above your shoulders. Learn to tie shoelaces, put on socks or stockings, etc., without bending.
- Avoid straining (pulling on difficult garments and lifting or pushing heavy objects). If you have trouble with coughing, vomiting, or constipation, let your doctor know right away.
- Avoid squeezing your eyelids tightly together, since this puts pressure on the eye. This could happen after putting in eye drops or while laughing, crying, talking, sneezing, or coughing.
- Avoid getting soap or shampoo in your eyes.
- Avoid falling or bumping into things while going up and down steps, sitting on chairs, or entering doors. Objects will look closer than they actually are.
- 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 pain medications.
- Do not make any important decisions or sign important papers for 24 hours.

ACTIVITIES PERMITTED: Reasonable activity is good for you.

- Walking is fine. Some television or reading will not hurt your eyes, but be sure to stop when you begin to feel tired.
- Combing or brushing your hair gently is permitted.
- Resume your usual diet slowly. Notify your physician if nausea or vomiting occurs.
- You may resume taking any drugs prescribed to you before your operation by your Internist or General Practitioner. Ask your doctor before taking Aspirin or blood thinner.

WHEN TO CONSULT YOUR DOCTOR: If you have any other questions about your eye or its care, or if a question occurs to you during your convalescence, do not hesitate to telephone your doctor's office. A scratching sensation from the stitches is to be expected. On the other hand, **any sudden change, such as an unusual amount of pain, swelling, or an increase in discharge, should be reported to your doctor immediately.**

Other Instructions:

YOUR NEXT APPOINTMENT AT YOUR DOCTOR'S OFFICE IS: _____

FOR EMERGENCIES, CONTACT YOUR PHYSICIAN AT: _____

