
CATARACT SURGERY: DISCHARGE INSTRUCTIONS

GENERAL CARE:

- You may have an eye shield covering your eye. If so, keep your eye covered as directed by your surgeon.
- Keep your eye covered with the shield at night, using tape, for 1 week.
- **DO NOT** rub or press on your eye vigorously. Use a clean tissue to gently wipe away tears and secretions from your eyelids.
- Your vision may be blurry after surgery. This should improve over time.
- Wear sunglasses when you go outside or near bright lights, your eye may be sensitive to light.
- You may wash your face and shower. Keep water, soap, and shampoo out of the eye.

PAIN AND ADMINISTRATION OF MEDICATION:

- It is normal to feel some eye discomfort after your surgery. Use Acetaminophen (Tylenol) for pain relief.
- You may experience nausea after your surgery. Use over the counter medications for nausea.
- Resume normal medication unless instructed otherwise.
- You have been given a prescription for eye drops. Fill your prescription and take as directed.
 - Start your eye drops as directed by your surgeon. Refer to instructions given by your surgeon for detailed administration information.
 - Bring your eye drops to your follow up appointment with your surgeon.
- Wash your hands before you put in your eye drops. Only put eye drops in the eye you had surgery on. Wait five minutes between drops.
- If you normally use eye drops for glaucoma treatment, start these drops after your eye shield is removed.

DIET:

- Drink plenty of fluids to stay hydrated. There are no diet restrictions after cataract surgery.

ACTIVITY:

- You must arrange for someone to take you home on the day of surgery and be with you in the same house the night of surgery.
- **DO NOT** drive a car, operate machinery or make legal decisions within 24 hours of your operation.
- **DO NOT** swim; submerge the eye in water for two weeks.
- **DO NOT** lift anything over 10 pounds for one week.
- You can bend over to pick something up or tie your shoes.
- You can watch television (TV) and read. If your eye becomes uncomfortable, rest your eye.
- You can resume sexual activity one week after surgery.
- You may return to work as instructed by your doctor.

POST ANAESTHETIC ADVICE (ADULT):

YOU HAVE HAD LOCAL SEDATION TODAY. THIS MAY CAUSE:

- Drowsiness
- Difficulty concentrating
- Nausea
- Changes in both judgement and decision-making abilities

ALLOW YOURSELF TO REST AND SLEEP TODAY

TAKE PAIN OR NAUSEA MEDICATION AS DIRECTED BY YOUR DOCTOR IF NECESSARY

CALL YOUR SURGEON AND/OR GO TO THE NEAREST EMERGENCY IF YOU HAVE:

- Discomfort/ increase in pain not relieved with rest or medication
- Problems breathing
- Concerns with the area operated on
- Develop a fever over 38.5°C
- Persistent nausea, vomiting, chills or fever
- You have a marked decrease in vision.
- Any other unexpected problems.

Follow up appointment: _____