

Cataract Surgery Post-Op Instructions

Below are general guidelines for eye care after cataract surgery . The patient will be given specific post-op instructions at the time of their cataract surgery. Provided for information purposes only.

For the first 2 weeks after surgery you have the following restrictions:

- **Any significant worsening of vision or pain not relieved by Tylenol/artificial tears requires calling our office immediately.**
- **Do not rub the eye at any time; rubbing may cause an infection resulting in vision loss or loss of your eye.**
- **Must** wear the shield while sleeping or napping (secure pointed/tapered end on the bridge of nose, rim of shield on brow and cheekbones.)
- No sleeping on the surgical side or stomach.
- No eye makeup, hot tubs or swimming pools for 3 weeks after surgery.
- No bending fully at your waist where your head goes below your heart (e.g. to put your shoes on or pick something up.)
- Shower/shampoo with shield taped on and holding dry washcloth over shield (your back is to the water and your head is tilted up; same rules for the salon/hairdresser.)
- When washing your face, do not touch below the brow or above cheekbone, do not get soap/water in eye.
- For crusting/dried drop residue on lashes you may wet a tissue and gently drag back and forth over closed eye to loosen eyelash debris. No pressure is required, just repeat as necessary.
- You may resume reduced regular exercise 1-2 days post op; discuss with the doctor.
- Do not blot/push on the eye with a tissue. Wipe tears once they are below the cheekbone.
- Mild vision fluctuations (e.g. with blinking) are normal.
- Your eye may feel mildly irritated (sandy, gritty, mild stinging/burning, or feel like there's an eyelash in the eye.)
- You may use preservative-free artificial tears (Refresh, Optive, Genteal or Systane) as much as needed to sooth irritation (do not use within 15 minutes of other post-operative drops.)
- You may wear your old glasses if not too blurry, dark glasses, or a pair of clear safety glasses for your comfort. You may notice between eye surgeries that your eyes don't work well together; (e.g. depth perception or reading) **this is normal.**
- Final eyeglass prescriptions for the fine-tuning of distance vision and/or reading will be done 4-6 weeks after your second eye surgery (same time frame if you are only having surgery in one eye.)
- Ask your eye care specialist if you are legal to drive during your recovery.

