

Cataract Surgery Instructions

Before Cataract Surgery

EVERYONE must visit their primary care physician to obtain medical clearance before having cataract surgery. **IF YOU ARE OVER 50**, you will need to also have potassium level blood work and an EKG.

DO NOT eat or drink anything after midnight the night before your surgery.

You **CAN** take any medications you usually take in the morning **EXCEPT** diabetic pills or insulin. You **CAN** take blood pressure medications but **DO NOT** take diuretics.

DO NOT wear any make-up products on your face or neck the day of your surgery.

BEGIN TAKING THESE DROPS AS DIRECTED THE DAY BEFORE YOUR SURGERY:

- . OFLOXACIN (tan top),
- . PROLENSA (gray top)
- . PREDNISOLONE ACETATE (pink or white top)

BRING A DRIVER with you the day of surgery as you will not be able to drive that day. Your driver **MUST** stay in the surgery waiting area until you are released to go home.

After Cataract Surgery

YOU CANNOT DRIVE FOR 24 HOURS AFTER SURGERY. After that, you can drive if you are comfortable with your vision.

LEAVE YOUR EYE SHIELD ON UNTIL YOU GET HOME. Then, take the shield off and start using your eye drops as directed.

BRING ALL DROPS WITH YOU TO EVERY POST-OP VISIT.

TAKE THESE DROPS AS DIRECTED AND WAIT 5 MINUTES BETWEEN DROPS TO ALLOW FOR ABSORPTION OF THE MEDICATION:

- **OFLOXACIN** (tan top) – Use 1 drop 4 times a day for 10 days in the operated eye



- **PROLENSA** (gray top) – Use 1 drop 1 time a day for 2 weeks in the operated eye

- **PREDNISOLONE ACETATE** (pink or white top) Use 1 drop 6 times a day for 3 days, then decrease to 4 times a day in the operated eye. **DO NOT STOP THIS DROP UNTIL DIRECTED BY YOUR DOCTOR.**

DO NOT STOP USING ANY GLAUCOMA DROPS YOU ARE CURRENTLY TAKING.

UNLESS YOU ARE INSTRUCTED OTHERWISE, YOU MAY RESUME TAKING YOUR REGULAR MEDICATIONS.

AFTER YOU GET HOME, YOU CAN TAKE 2 TYLENOL IF NEEDED. Follow instructions on bottle.

YOUR VISION MAY BE BLURRY DURING THE FIRST SEVERAL DAYS OR WEEKS AFTER SURGERY. Everyone's eyes heal at a different rate. You may not be able to do close work right after surgery. It will not hurt your eye to wear your old glasses for reading until you are given a new prescription if needed.

YOUR EYE MAY FEEL IRRITATED OR SCRATCHY AT FIRST, WHICH IS NORMAL. HOWEVER, IF YOU HAVE SEVERE PAIN, INCREASING DISCOMFORT, NAUSEA OR VOMITING, PLEASE CALL OUR OFFICE IMMEDIATELY AT 843-664-9393.

IF YOU NOTICE A SUDDEN DECREASE IN VISION, INCREASING EYE PAIN OR DISCHARGE, OR A NEW ONSET OF FLOATERS AND FLASHES, PLEASE CALL OUR OFFICE IMMEDIATELY AT 843-664-9393.

WHEN SLEEPING AT NIGHT OR NAPPING DURING THE DAY, PLACE THE CLEAR PLASTIC SHIELD OVER THE OPERATED EYE FOR 7 NIGHTS AFTER SURGERY. Secure it diagonally from forehead to cheek with the tape provided so it does not slip. This will prevent you from rubbing your eye when sleeping.

YOU MAY WANT TO WEAR SUNGLASSES AFTER SURGERY, although they are not required.

YOU CAN WATCH TELEVISION AND READ; this will not hurt your eye.

YOU CAN TAKE A SHOWER. Avoid letting the water hit you in the face. **IF** water gets in your eye, gently blot it dry with your eye closed. **DO NOT BEND OVER THE BATHTUB TO WASH YOUR HAIR.** You can have your hair done at a salon if you cover your eyes before doing solutions.

NO HEAVY LIFTING ANYTHING OVER 35 POUNDS FOR 2 WEEKS. Postpone any strenuous activities for several weeks.

LIMIT BENDING OVER FOR 1 WEEK. You may bend but avoid doing it more than necessary.

NO EYE MAKE-UP FOR 1 WEEK AFTER SURGERY.