



INSTRUCTIONS AFTER CATARACT SURGERY

Pain

Scratchy type of irritation is normal mostly with blinking. Take Tylenol or non-aspirin type product if needed. *Call your surgeon if true eye pain*

DO NOT RUB YOUR OPERATIVE EYE. Never re-use any tissue or handkerchief to dab your eyes=possible eye infection! Always wash your hands.

Vision

First 1-2 weeks vision is unreliable with some days more clear than others. Normal to see a hazy or blurry from the microscope light used during surgery. *Call surgeon if vision gets worse.*

Dark glasses-given to you from clinic

Wear when in bright lighting/ sunlight as eye is sensitive to the light; wear over regular glasses.

Medication: Immediately resume your home medication, including any eye drops you were using preoperatively. **Always use good handwashing before using medication, especially eye drops.** Questions about your eye drops, call the Eye Clinic of North Dakota: 701-255-4673.

Lens Identification card=BRING TO FOLLOW UP APPOINTMENT. Keep in wallet/safe place; information is also in your clinic record.

For ONE week after surgery NO: swimming, lifting > 20 lbs, eye makeup

Immediately After Surgery you may:

Bathe, shower, wash your face, sleep in any position, travel, and resume all daily activities. Wear your glasses for eye protection and lens will be changed later; lens on the operative side will be too strong; may remove the lens from the frame then wear sunglasses when outdoors. Drive next day if vision is good. If you are unsure about this, ask your surgeon.

IF you had IV sedation=normal to feel dizzy, altered thinking, drowsy.

Next 24 hours DO NOT: drive, operate machinery, shop, consume alcohol, make legal decision; rest quietly today, and have responsible person with you.

POST OPERATIVE APPOINTMENT is at the Eye Clinic of North Dakota

620 N 9th Street, Bismarck, ND 58501. Phone: (701) 255-4673 or 1-800-472-2620

_____ at _____ am/pm

Patient/significant other

Nurse