

INSTRUCTIONS FOR PATIENTS RECOVERING FROM CATARACT SURGERY

1. DO NOT RUB OR APPLY ANY PRESSURE TO THE EYE

Each morning, carefully wipe away any secretions with a moist cotton ball from the corner of the operated eye.

2. MEDICATIONS

Take all drops exactly as directed, **5 MINUTES APART**. Do not stop medications unless directed to do so. **PLEASE BRING ALL YOUR EYE DROPS, ALONG WITH THIS INSTRUCTION SHEET, EVERY TIME YOU COME TO THE OFFICE.**

- Resume taking all medications prescribed by your other doctors.
- **VIGAMOX (red label) or ZYMAR:** Instill one drop in the operated eye **FOUR** times a day (breakfast, lunch, dinner and bedtime) for **one week**. Please shake this bottle before each use.
- **PREDNISILONE ACETATE 1%:** Instill one drop in the operated eye **FOUR** times a day (breakfast, lunch, dinner and bedtime). **Continue using this drop, as directed, until you are told to stop.** Please shake the bottle before each use.
- **VOLTAREN or ACULAR** drops. Instill one drop in the operated eye **FOUR** times a day (breakfast, lunch, dinner and bedtime). Continue using this drop, as directed, until the bottle is empty. Please shake the bottle before each use.
- Regular or Extra Strength Tylenol: Take one or two tablets every four hours if needed for discomfort.

3. SPECIAL EYE CARE PRECAUTIONS

- During the daytime you may wear your glasses, the sunshields, or the eye shield over the operated eye for your protection. **WEAR THE EYE SHIELD AT NIGHT FOR ONE WEEK!! NO EXCEPTIONS!!!** Nail polish remover on a cotton ball can be used to remove the sticky tape residue each morning from the cheek and forehead.
- Resume your normal diet. You can sleep on your back, stomach, or either side.
- You may shower or bathe, but do not get water in the operated eye during the first three days after surgery. Someone may wash your hair for you as long as the operated eye does not get wet. You may use eye make-up 2 weeks after surgery.
- Reading and TV are permitted. Driving may be resumed as soon as you feel comfortable. Sexual intercourse may be resumed one week after surgery.

- Light walking may be resumed immediately if you feel like it. More strenuous sports activities such as jogging, swimming, bowling, tennis, and golf, may be resumed **TWO** weeks after surgery depending on your progress.

If your work, exercise habits, or other activities are unusually strenuous, please check with us before resuming them.

It will take several weeks for your eye to completely heal. Your vision will **GRADUALLY** improve over this time. Do not be alarmed if your vision is not improving as fast as you had hoped. Each eye is unique and heals differently. We will explain your progress at each postoperative visit. If you have questions please write them down and bring them with you to your next visit.

Approximately two weeks after your surgery a **refraction test** will be performed to see if you will require a distance and/or reading glass change following your surgery. If glasses are needed to optimize your vision, a prescription will be given to you to obtain a **temporary lens**. Once the eye is completely healed, the refraction usually changes slightly. It may be necessary to do another refraction to refine the vision and give you a permanent lens. Most patients need two refractions during the first six months following cataract surgery. Medicare and most insurance companies do not cover this service at any time even after cataract surgery. The charge for the refraction is \$30.00. Payment is due at the time of service.

4. **EMERGENCY CARE**

For the majority of patients, recovery is uneventful. Should you experience significant pain, loss of vision, or flashing lights in the operated eye **CALL THE OFFICE IMMEDIATELY**. The phone number is: 954-977-8770 or 1-800-448-8770.

5. **YAG LASER POSTERIOR CAPSULOTOMY**

Posterior capsulotomy is a laser procedure that is often necessary after cataract surgery. Following cataract surgery with an intraocular lens implant, a cellophane-like membrane called the capsule is present to help stabilize the implant and to promote healing. The posterior capsule is normally clear. However, with time this capsule can often become cloudy or wrinkled. It acts much like a piece of saran wrap, which is easy to see through when stretched tight, but which is harder to see through when wrinkled. This wrinkling or cloudiness can interfere with vision after your cataract surgery in ways similar to the original cataract.

If the clouding of the posterior capsule interferes with your vision we will recommend making a laser opening in the capsule to clear the clouding. This opening is made with a painless YAG laser in our office laser surgical suite. While the laser is always effective at opening the capsule, as with any surgical procedure, rare complications can occur such as swelling or detachment of the retina, and loss of vision.

We will keep you informed of your progress at each of your post-operative visits. If your capsule is beginning to cloud we will tell you and we will plan to clear the capsule using the laser if it is necessary.