

INSTRUCTIONS FOR PATIENTS RECOVERING FROM CATARACT SURGERY

1. Each morning, carefully wipe away any secretions with a moist cotton ball from the corner of the operated eye. **DO NOT RUB OR APPLY ANY PRESSURE TO THE 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.**

a. Resume taking all medications prescribed by your other doctors.

b. Eye drops for use after surgery:

You will have received either a single bottle of drops we call our “combo” drop called (Pred-Moxi- Ketor) **OR** three separate bottles of prescription drops. These contain an antibiotic, a steroid, and a non-steroidal anti-inflammatory. If you have the “Combo” drop, take it three (3) times a day until the bottle is empty. If you are using the three separate bottles take one drop of each medicine three (3) times a day until the bottles are empty.

Continue using the drops, as directed, until the bottles are empty.

Please shake the bottle(s) before each use.

c. Regular or Extra Strength Tylenol: Take one or two tablets every six hours if needed for discomfort.

3. **SPECIAL EYE CARE PRECAUTIONS:**

a. 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!!!** Baby oil or nail polish remover on a cotton ball can be used to remove the sticky tape residue each morning from the cheek and forehead.

b. Resume your normal diet. You can sleep on your back, stomach, or either side.

c. 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.

d. Reading and TV are permitted. Driving may be resumed as soon as you feel comfortable. Sexual intercourse may be resumed one week after surgery.

e. Light walking may be resumed immediately if you feel like it. If you do more strenuous sports activities such as jogging, swimming, bowling, tennis, and golf, or if you have special work requirements discuss these with your doctor 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.

4. **EMERGENCY CARE:**

- a. 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

5. **YAG LASER POSTERIOR CAPSULOTOMY**

Posterior capsulotomy is a laser procedure that is usually necessary after cataract surgery. Following cataract surgery, 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. 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. 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.

6. **ENHANCEMENTS OR "TOUCH-UPS"**

If, after your cataract surgery, you have any residual refractive error, we can modify it after both eyes are completely healed. A LASER enhancement, or "touch-up", can help you achieve the best vision possible. Patients who have had refractive surgery such as RK, PRK, or LASIK prior to developing cataracts, many times, require an enhancement.

If you have chosen conventional (non-laser) cataract surgery with a standard intraocular lens implant, or have had prior refractive surgery such as RK, PRK, or LASIK, there will be a charge for the enhancement procedure because it is not covered by Medicare or Insurance companies. There is **no charge** for enhancement procedures for patients selecting **laser cataract surgery, a Toric, or a multifocal lens implant.**

We will keep you informed of your progress at each post-operative visit.

Ophthalmology Consultants