⚠ IMPORTANT ⚠

PLEASE READ & KEEP THIS ON YOUR REFRIGERATOR FOR REFERENCE AFTER YOUR SURGERY

EYE DROPS

- **If you are using the 3 in 1 combo drops (PURPLE TOP), be sure to use 1 drop in the morning and 1 drop at night for three weeks starting the day of surgery. If you are using different bottles you bought from the pharmacy, simply use as directed on the box label.**
- **If you are on other eye drops for glaucoma, dry eye or other ophthalmic conditions, please continue them along with your post-op cataract drops unless your doctor tells you otherwise. This includes artificial tears.**

YOU MAY EXPERIENCE THESE NORMAL THINGS

- **It is normal for eyes to have stinging, redness, burning and irritation in the first several hours after surgery.** This happens due to the betadine we use to clean your eye to prevent infection and should improve dramatically after day 1.
- **Many patients experience "second eye syndrome" where their experience for their second cataract surgery is different than their first.** They are either more or less awake, can remember more or less, and feel more or less sensation. This is completely normal as you can build up a tolerance to the anesthesia given during the first eye surgery. Be assured, the surgery is done the same way for each eye and it has nothing to do with your final visual outcome.
- **It is normal to see a shadow or light or crescent shape in your peripheral vision following cataract surgery.** This is due to light bending across your new lens implant and will improve in the first few months after surgery.
- **It is normal for you to be somewhat blurry to extremely blurry the first 24 hours after cataract surgery.** It should improve daily, but takes several days or even a few weeks to achieve the best possible vision. Usually vision will continue to stabilize over the first 3 months.

POST-OP RESTRICTIONS

- **Please wear your surgical eye patch only while sleeping for the first 2 nights after surgery.** Feel free to wear the dark shade sunglasses as little or as much as you want. They are for comfort and it's up to you. You may also wear your own sunglasses.
- **It's fine to shower starting the day after cataract surgery, just be careful not to let the water go directly into the eye from the shower head.** You may wash your hair just turn your back to the faucet and be careful.
- **Makeup may be worn after the first few days following surgery, just be very conservative and careful** if you choose to apply any eye makeup.
- **There are no restrictions for air travel** after cataract surgery.
- **We recommend no heavy lifting (more than 20 lbs.) or strenuous exercise in the first week post op.** After this time you may resume regular exercise.
- **While we recommend against too much bending and leaning over, as an example it is fine to bend down briefly to pet the dog or pickup the remote**... we just want you to avoid standing on your head in a yoga class.

YOUR VISION AFTER SURGERY: WHAT TO EXPECT

- **Do not wear your old bifocal or progressive glasses or contacts after cataract surgery.** This will cause your vision to be blurry as those are now your "old" glasses and you have "new" eyes now. After the first eye cataract surgery you can pop out the lens on the side we did and look through the empty frames, but you'll still have the lenses on the other side. Some patients don't prefer this, and instead they go without glasses at all (and they are accepting that vision won't be perfect as one eye is healing and the other eye hasn't had cataract surgery yet.)
- **It can be normal to have a lingering foreign body sensation and irritation in the periphery of the eye for the first few weeks after surgery.** This has to do with nerve re-growth around your incision sites and will improve in time.
- **It is normal to see large halos, starbursts, and glare the first few days after cataract surgery.** This is due to your pupil being dilated and will improve over the first few weeks.
- **It is very common to notice more floaters after cataract surgery.** This is because the cataract may have been masking the floaters and now that you're seeing better you're noticing them more. This improves in time.
- **It is normal for everything to appear much brighter after cataract surgery.** Sunshine and daylight hours will appear much brighter and it's common for things in your home to seem a different color.
- **For patients choosing basic cataract surgery (option 1), you will require a new prescription for bifocal or progressive glasses/contacts to achieve your best visual potential.** This can be done 3-4 weeks after your second eye cataract surgery but not before as your eye is still stabilizing.
- **It is normal and expected not to see well up close after cataract surgery, which in general is designed to improve distance vision.** It is ok to purchase cheap 2.50D strength reading glasses from the pharmacy for your up close tasks like reading.

CALL [Practice Phone] IMMEDIATELY IF...



- ***YOU HAVE A SEVERE HEADACHE THAT WILL NOT SUBSIDE WITH TYLENOL***
- ***YOU ARE EXPERIENCING NAUSEA OR VOMITING***
- ***SUDDEN REDNESS, PAIN, OR DECREASE IN VISION DURING THE FIRST 3-5 DAYS. ALTHOUGH EXTREMELY RARE, INFECTION CAN OCCUR DURING THIS TIME. IF YOU NOTICE YOU WERE DOING OK THE FIRST FEW DAYS BUT THEN GOT WORSE, CALL ASAP! THE SOONER INFECTION IS TREATED, THE BETTER.***