

Raleigh Eye Center

Post - Operative Cataract Instructions

- Use your drops as directed.
- Avoid rubbing your eye.
- No swimming or underwater activities for 2 weeks.
- Do not lift anything over 20 pounds for one week.
- Do not bend over head first or put your head below your waist for one week. It is fine to lean or squat down, as long as your head is above your waist.
- No yard work or heavy housework for one week. No strenuous exercise or weight lifting for one week.
- Use the plastic shield over your eye for one week while sleeping, including naps. You may perform normal activities with reasonable caution.
- You may continue your normal bathing/showering & shampooing routines. However, avoid getting soap or water in your eyes.
- Always bring your drops to your post op appointments. It is important to attend all follow up appointments with your Doctor and use all of your drops as directed to decrease your risk of infection and/or inflammation after surgery.
- Call our office at 919-876-2427 if you experience a sudden change in vision, sudden increase in floaters or flashes or lights, nausea and/or vomiting, worsening of redness - not associated with eye drops, or increased eye pain, aching or throbbing that is not relieved with Tylenol. Some fluctuation in vision is normal after surgery.

You next appointment is _____ @ _____:_____ am/pm

WEEK 1	Use drops 3 x per day
WEEK 2	Use drops 2 x per day
WEEK 3	Use drops 2 x per day
WEEK 4	Use drops as directed