

# FOLLOWING CATARACT SURGERY

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DO'S	DON'TS
Do administer your eye drops as prescribed.	Do not lift anything over 20lbs for one week.
Do wear your eye shield for sleep for 3 nights.	Do not swim for one week.
Do wear sunglasses while outdoors.	Do not do strenuous work for one week.
Do have a shower the next day.	Do not wear makeup for one week.
Do resume normal activities the next day.	Do not forget to make an appointment with your Optometrist to check the power of your glasses 4-6 weeks after surgery.
Do attend all post-op appointments.	
Do read or watch TV.	
Do continue to wear your eyeglasses if useful and comfortable.	

## HOW TO INSTILL EYE DROPS?

Wash your hands before instilling eye drops. Tilt your head back, look upwards and gently pull down your lower lid to form a pocket. Hold the bottle close without touching the eye. Instill one drop into the operated eye. Gently dab with a tissue if needed.

EYE DROP SCHEDULE	HOW OFTEN?
The day before surgery	Instill 1 drop into the surgical eye 4x/day
For 2 weeks after surgery	Instil 1 dop into the surgical eye 4x/day
From 2-4 weeks after surgery and then stop	Instill 1 drop into the surgical eye 2x/day

COMMON SYMPTOMS	WHAT TO DO
Mild discomfort, tearing, itchy or scratchy eyes, blurry vision for a few days.	Take Tylenol to relieve discomfort, do not drive until vision improves.
RARE COMPLICATIONS	WHAT TO DO
Severe pain, worsening or loss of vision, excessive discharge and redness and/or flashing lights in the operated eye.	<p>★ Call our office at 807-346-1000 ext 3122.</p> <p>★★ If our office is closed please go to the emergency department at the TBRHSC!</p>

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