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Cataract Post-Operative Care Instructions

Protecting Your Eye

1. You must always protect your eye. You will need to wear the eye shield provided over your eye for one week after surgery at night while you sleep to prevent accidental rubbing and/or dislocating your lens. You will need to purchase a roll of medical tape or paper tape to keep the eye shield adhered. If you purchase the 3-in-1 drops from the surgery center, tape is included in the price. If you just need to purchase the tape only, the surgery center sells it for \$5.
2. A scratchy feeling may be normal for the first few days.
3. Bathe lids and lashes only when necessary. If mucus accumulates, use cotton balls, or lightly wash the area with a cloth and warm water.
4. You can sleep on either side. Just remember to wear the eye shield while sleeping!
5. You may ride in the car, watch television, go to the store, and read.

Things to Avoid

1. DO NOT lift more than 5 pounds for 1 week after your surgery. Do not stoop over to pick things up!
2. Exercises, jogging and calisthenics should be avoided until cleared by your doctor.
3. Please avoid having your hair done for 1 week after surgery. Shampoo and shower as usual but take precautions to keep soap and water out of your eye for the first few weeks immediately after surgery.
4. DO NOT wear make-up for 1 week after surgery.
5. Avoid going to the beach or to the pool for 1 month after surgery.
6. Avoid areas that have smoke, dust, fumes, steam, or perfumes.

Eye Drops

Use eye drops as directed by your doctor.

When inserting eye drops: Look up and pull down on your lower eyelid gently. Place the eye drop into the pocket between your eyeball and eyelid. DO NOT place your finger on the upper lid or place pressure on your eyeball.

Frequently Asked Questions

How soon will I be able to see clearly?

With the implanted lens, you will see to some extent when you go home. The speed that your vision clears has nothing to do with the final vision. Everyone heals at a different rate.

What should I do if my vision becomes worse?

Early on there are many factors that keep the vision cloudy, this is normal. If there is a change in your vision (worse) or a haze comes over the vision that does NOT clear, please let us know.

I'm experiencing pain. What should I do?

If there is pain that lasts more than an hour or a very severe pain that is not alleviated with Tylenol or Aspirin, let us know at once. If this occurs after normal business hours or on the weekend, please call 478-744-1710 and choose option 2 to speak with our on call doctor.

Why can't I wear make up after surgery?

It is advised to not wear make up after surgery so nothing foreign (powder, mascara, etc.) gets in your eye. You should also avoid face cream or facial lotions as well.

It's summer! Why can't I go to the beach or pool?

To prevent irritations and infections, it is advised to avoid the beach and pool. There are many irritants that can be exposed to your eye at these places.

Remember to always bring your drops with you to each visit.