

Home Care Instructions

1. YOU MUST NOT RUB YOUR OPERATED EYE.

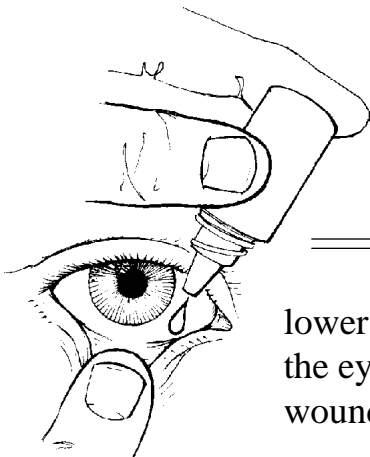
2. Begin Eye Drops @ 5:00pm and Bedtime Today



1. Ciloxan (Aqua Label)
(wait 3 minutes between drops)
2. Pred Forte (Purple Label)

How to Instill
Drops:

Tomorrow, One Drop **of each** 4 times
daily



Stop Ciloxan after 1 week.
Finish bottle of Pred Forte.

Tilt back your head, **very gently** pull down lower lid of the operated eye and apply in the corner of the eye. Avoid touching the outer corner where the wound is located. More than 1 drop is simply wasted.

3. Place the eye shield over your eye to protect it during sleep only. Use a strip of tape to attach. The narrow point of the plastic shield goes over the bridge of the nose.

4. Other Medications if applicable:

Discharge Instructions

1. Some redness, light sensitivity, tearing, tenderness and foreign body sensation is normal following cataract surgery. Any discomfort is usually relieved with two Tylenol tablets every four hours.
2. Mucus and crusting on the eye and eyelids following surgery is not unusual. The eyelids and lashes may be gently cleaned using a clean wash cloth & warm tap water. This may be done as often as needed.
3. Protection of the eye is important. Glasses may be worn during the day to protect against accidental bumping of the eye. A plastic shield **MUST** be worn during sleep for approximately 1 week following surgery. The shield protects from accidentally sleeping with the operated eye pressing against the pillow.
4. You may bend over, but avoid straining, heavy lifting, or any activity in which you could accidentally hit the eye or fall.
5. You may go to the hairdresser or barber as needed. However, be sure to keep the operated eye covered and protected for the 1st week.
6. Showering is permitted, as well as washing your hair, but try not to get soap into the operated eye. No swimming for 14 days.
7. Eye drops will be needed following surgery to promote healing, lessen the risk of infection, and provide comfort.
8. It takes 2-4 weeks for the operated eye to heal sufficiently for eyeglasses to be prescribed, depends on the patient.
9. It is not unusual for the vision to be blurred, or to see black spots & colors after surgery. The spots are within the vitreous gel of the eye and usually disappear with time. If you notice a sudden decrease in vision or new flashes of light out of the operated eye, please call your doctor at once.
10. If the eye becomes painful, call your doctor promptly.

DO and DON'T

DO

1. Wear the plastic shield at night for 1 week (no gauze or cotton needed underneath). Wear some type of eyeglasses during the day. Sunglasses are optional.
2. Resume normal activities.
3. Call our office if you have any emergency during the night. The answering service operator will contact us for you.

DON'T

1. **AVOID HITTING THE EYE.**
2. **DO NOT RUB YOUR EYE.**
3. **NO HEAVY LIFTING OR STRAINING.**

Emergency or Normal

An EMERGENCY consists of:

1. Severe pain that is not relieved by Tylenol (2 tablets every 4 hours).
2. Sudden loss of vision.

NORMAL consists of:

After eye surgery, it is not unusual for the vision to be very blurred, distorted, strange colors to be present, or for the patient to have double vision. These are NORMAL symptoms. Black floating spots are also very common. The scratchy or sand in the eye feeling disappears after 24-48hrs.

Appointment
Tomorrow:

Keep your appointment for tomorrow. If you have any questions about your appointment, please call the office. Bring all your eye drops with you to the office tomorrow.

Other:
