

## Cataract Discharge Instructions

- ☒ Remove the shield after two hours. You will wear the shield while sleeping for the next 7 days. Your vision may be blurry after the shield is removed. This is normal. Your vision will gradually continue to improve.
- ☒ Begin using your eye drops as soon as the shield is removed. *Continue all prescription drops for glaucoma as directed.*
- ☒ If you experience any discomfort such as a headache or an eye ache, we recommend using Tylenol as manufacturer suggests or whatever pain reliever you are accustomed to using. The pain should not be severe.
- ☒ Resume your normal diet and medications as soon as possible. Check with the prescribing physician if you have concerns about your medications.
- ☒ Avoid bending over and straining for one week. These actions can cause the pressure to increase in and around the operative eye. Straining includes lifting 10 pounds or more or straining during a bowel movement.
- ☒ Refrain from washing your hair for 24 hours. Keep water out of the operative eye for one week. If you develop matter on the eyelids, gently soak off with warm compresses.
- ☒ Do not wear eye make up for one week.
- ☒ Do not rub the eye at any time. Use artificial tears or a lubricant ointment (available over the counter without a prescription) for dryness, irritation, or itching as needed. *Do not use saline drops with other medications added to them such as Visine for allergy problems.*
- ☒ Refrain from driving until your doctor says it is OK. This is usually for 1-2 days due to blurriness and light sensitivity. Wear sunglasses as needed.
- ☒ Put lens implant card in your wallet or with important papers at home.
- ☒ Please call our office if you experience any of the following:
  - severe discomfort unrelieved by your pain reliever
  - persistent nausea or vomiting
  - coughing unrelieved by home remedies
  - fever greater than 101°

You can call our office 24 hours a day. If the call is placed after business hours (8am-5pm) our "on-call" physician will help you.

*If you have a true, life-threatening emergency... call 9-1-1.*

**Use your drops prior to arriving for your follow up appointment and bring your drops to the appointment.**