

## HOME CARE INSTRUCTIONS FOR CATARACT SURGERY

### WHAT TO EXPECT:

Your vision may be cloudy and may fluctuate the first few days after surgery. You may also experience mild discomfort and/or a “scratchy” feeling. If all goes well, your vision will start to improve within a few days. Full healing might take about 4 weeks. Most patients will need a different prescription in their glasses following cataract surgery and this will be prescribed during that 4 week postoperative period.

### POST OPERATIVE VISIT TO CLINIC IS:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Dr. Rice / Dr. Lucius / Dr. Anderson

**\* Bring glasses and eye drops to appointment.**

### DRESSING CARE:

1. If eye is patched, leave in place until seen by your doctor.
2. If clear shield only, you may remove the morning after surgery.
3. Use the clear shield at night and to protect the eye during baths, showers, or hair appointments for one week.

### SPECIFIC EYE CARE:

1. Use eye drops according to instruction sheet. Continue to use all other eye medication as previously prescribed.
2. Please resume medications that have been prescribed by another physician. Do not make any changes to those medications unless directed by the prescribing physician.
3. Use warm water on cotton balls or a clean washcloth to gently remove discharge from the eyelids every morning as necessary to keep your eyelids clean.
4. Aspirin or Tylenol may be used as needed for mild discomfort.
5. You may wear dark glasses out-of-doors if the bright light bothers your eye.

### ACTIVITIES/RESTRICTIONS:

1. You may be up and about immediately following your surgery. Reading, computer use, and watching TV are permitted.
2. It is okay to bend over to tie your shoes or to pick up objects off the floor.
3. Do not ever rub your eye forcefully.
4. Do not lift greater than 50 pounds the first week following your surgery.
5. Due to your IV sedation and/or possible limited vision, do not drive, operate any machinery, drink alcoholic beverages, or make any important decisions in the next 24 hours.
6. No eye make-up for 1 week after surgery.
7. No swimming for 4 weeks after surgery.

### NOTIFY YOUR PHYSICIAN IF ANY OF THE FOLLOWING OCCUR:

1. If you have severe eye pain or vision becomes worse (increased cloudiness or increased floaters).
2. Elevated temperature, increased redness and/or persistent pus-like eye drainage occurs.
3. Nausea, vomiting, or excessive coughing.

If you have any problems or concerns, notify your physician at (320) 251-1432. The St. Cloud Eye Clinic is open 8:00a.m.-5:00p.m. Monday-Friday. After office hours, an eye surgeon may be reached at (320) 654-2947. Contact your local hospital Emergency Room if you require medical attention and cannot reach your physician. St. Cloud Center for Ophthalmic Surgery’s telephone number is (320) 258-6620. Our business hours are 6:30 a.m. - 3:00 p.m. Monday, Tuesday and Thursday.

**Thank you for utilizing St. Cloud Center for Ophthalmic Surgery!**

Patient/Escort Signature: \_\_\_\_\_

Nurses Signature: \_\_\_\_\_