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Cataract and Refractive Surgery  
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### **Patient Instructions FOLLOWING Cataract Surgery**

Congratulations on having the latest and most technologically advanced cataract surgery. To obtain the best results, it is important to follow the instructions listed below:

1. Use the prescribed surgical eyedrops on the day of surgery (after you get home) and continue as instructed. Resume all other prior eyedrops (such as glaucoma eyedrops) on the day of the surgery. Resume all other prior systemic medications.
2. If you received a clear eye shield, you may keep it on and sleep with it for the first night. You can move it aside to place eyedrops as needed. Please remove it permanently the following morning.

For the first week, keep your eyes protected either with your current prescription glasses or sunglasses when you go outdoors.

3. Activity Restrictions:
  - Don't rub your eye for a week
  - Don't swim for one week or scuba dive for one month
  - Wear proper protection for any sports/activities where you may be hit in the eyes.
  - Avoid eyeliner and mascara for a week; other makeup is ok
4. OK to do the day after surgery:
  - Exercise: go to the gym, Yoga, jog
  - Air travel
  - Bending and Lifting
  - Bathing and Showering – keep your eyes closed and avoid shampoo into the eyes for 1 week.
5. Keep your postoperative appointments or call to reschedule.

### **How Your Eye May Feel The First Few Days After Surgery**

Mild irritation, mild redness, dryness, sensitivity to light, are **NORMAL** for the first few days after cataract surgery. These symptoms will improve gradually with the eyedrops Dr. Raviv has prescribed.

What is **NOT NORMAL** after cataract surgery is deep, severe, constant pain, decrease in vision, bleeding, or severe redness. Should you experience any of these symptoms contact Dr. Raviv– 212-889-3550. Otherwise, go immediately to the New York Eye and Ear Infirmary Emergency Room (310 E. 14<sup>th</sup> Street) which is open 24 hrs/day and 7 days/week. The phone number there is 212-979-4418 or 212-979-4000.

If you have any questions or concerns, please contact us. We want you to see your best.