

POST-OP 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 eye drops** on the day of surgery (after you get home) and continue as instructed for 4 wks.
 - Resume all other prior eye drops (such as glaucoma eye drops) on the day of the surgery.
 - Resume all other prior systemic medications/pills.
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 eye drops 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; it is ok to lightly dab your eyes with a clean tissue and to remove the white residue in the corner of your eyes from the eyedrops.
 - 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 – No restriction.
 - Air travel – No restriction
 - Bending and Lifting are completely OK – No restriction
 - Bathing & Showering – OK to do, simply keep your eyes closed to avoid shampoo in the eyes for 1 wk.

HOW YOUR EYE MAY FEEL AFTER THE SURGERY

The afternoon and evening after the surgery, your vision may be very **BLURRY or FOGGY** -- that is **completely normal** for the first few days, as the eye heals. You may also see flickering, feel irritation, graininess, or the feeling of an eyelash in your eye, that is also normal as you heal. Use your prescribed eye drops. It is ok to add preservative-free artificial tears in between as much as necessary. For example, *Refresh Optive Preservative Free* or any of the *Systane Preservative Free* can be used hourly and are available over-the-counter.

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

What is **NOT NORMAL** after cataract surgery is deep, severe, constant pain, later onset decrease in vision, bleeding, or severe redness. Should you experience any of these symptoms contact our office tel: 212-889-3550. Otherwise, proceed to the New York Eye & Ear Infirmary Emergency Room (310 E. 14th Street) which is open 24 hrs/day and 7 days/week. The phone number there is 212-979-4000.

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