

ACTIVITIES:

- a) Avoid heavy lifting or straining for 2-3 days (no more than 50 pounds).
- b) You may resume driving the day after surgery.
- c) Resume your regular medications and diet unless otherwise instructed.
- d) No swimming or hot tubbing for 2 weeks after surgery.

PRECAUTIONS:

- a) Do not rub the eye for one month.
- b) For protection, keep your glasses on during the day. You may be asked to wear a shield at bedtime for the first three nights after surgery.
- c) Wear solar shields (sunglasses) when outside in the sun as needed.
- d) Do not drink alcoholic beverages, including beer, for 24 hours after surgery. Alcohol enhances the effect of anesthesia and sedation.
- e) Due to the effects of anesthesia, do not drive or operate machinery or power tools for at least 24 hours after surgery.
- f) No eye makeup for 10 days after surgery.

WHAT TO EXPECT:

- a) Remember that people vary as to vision in the operative eye after cataract surgery. In general, vision improves week by week. As your eye is healing, you will notice your vision changing. It is normal to have blurred vision for a varying period, and possible double vision for a day or more after surgery. Floaters are commonly seen. You may see silver streaks or black streaks or rings that will gradually disappear.
- b) Glasses may be changed 3 to 5 weeks after surgery.
- c) Do not be concerned if you feel a slight scratchiness in the operated eye. This is normal. You may use artificial tears as needed for scratchiness.
- d) It is normal for your eye to feel blurry with glare and haloes, the drops to burn, and the pupil to be dilated for the first few days.
- e) It is NOT normal to experience redness, swelling, aching pain, or decreasing vision.

In the event of an emergency:

1) pain not relieved by oral medications, 2) loss of vision, 3) temperature above 100 degrees or severe chilling, 4) persistent nausea or vomiting, 5) excessive drainage, or 6) other serious problems, please call:

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