

POSTOPERATIVE INSTRUCTIONS FOR CATARACT SURGERY with TOPICAL ANESTHESIA

1. Begin using your eye drops (PREDNISOLONE and MOXIFLOXACIN and NEPAFENAC or other NSAID as prescribed) in the operative eye today, unless instructed otherwise. Please follow the drop schedule provided to you by the nurse.
2. Shake the bottle before use. After the drop is instilled, close the eye for 2 minutes. You may lift the shield to instill drops as instructed but please put back on and leave shield in place until your follow-up tomorrow. Please refer to the back of the drop schedule for more instructions on how to administer your drops.
3. Try not to lay on the operated side for the first night.
4. Avoid strenuous activities. Avoid bending, stooping or lifting until you see the doctor tomorrow. No lifting over 15 pounds for 7 days after surgery. Do not touch or rub your eye for 2 weeks after surgery.
5. Avoid swimming, hot tubs or getting your eye wet for 2 weeks. Do not shower until after your first day follow up appointment. After that, you may shower but keep your eye dry.
6. You may take Tylenol, Aspirin, or Ibuprofen every four hours as needed for pain.
7. You may use artificial tears, as needed, for dry eyes. Please purchase a new, unused bottle for the eye you had surgery on.
8. Use caution moving around as you may be at increased risk of dizziness or falling due to medications you may have been given for your surgery.
9. Continue taking your regular medications, unless instructed otherwise.
10. If you have significant pain, please call North Idaho Eye Institute, day or night, at **208-667-2531, option 1.**
11. Other instructions: _____
12. You will need a driver until after your follow up appointment. Your follow-up appointment is: _____
Cd'A Post Falls Hayden
13. Please put in your first drops tomorrow morning before your first day post-operative appointment.

Patient Signature: _____

Date: _____