



General Discharge Instructions for Cataract Surgery

You will receive specific discharge instructions from your eye doctor on the day of surgery. The information below is to help you identify any questions you may have before surgery.

You **may** notice some differences or changes in your eye or vision after surgery, these are normal:

- Blurriness, Itchy and scratchy
- Small amount of drainage
- Small or enlarged pupil due to medications used during surgery

Your normal activity **after surgery** should be:

- GO HOME and REST
- **No driving for 24 hours**
- Eat a LIGHT meal after surgery
- You may READ, WATCH TV, LISTEN to the RADIO
- You may rest in a chair, or **propped up** in bed with pillows (head elevated)
- Do not do any work around the house (inside or out)
- Do not **lift** any **heavy objects**, or bend at waist (ask Dr for how long)
- Please wear your eye shield while you are sleeping

Before you go home after surgery, our discharge nurse will explain which drops to use and when. **You will use these drops until your doctor tells you to stop.**

Administer the eye drops in the following manner: First, wash your hands. Pull down the lower eye lid and squeeze a drop from the bottle into the lower lid area. Do not touch the tip of the bottle to your eye. Do not press on or rub the eyeball. Wait 1-2 minute between drops to allow for absorption of the medication.

Most people have **minimal to no pain** after Cataract surgery. You may take Tylenol or Advil if you have any eye pain or headache. This should make you more comfortable. If your eye becomes **red or more painful**; or **you develop a fever of 101° or above**, call your eye doctor right away.

Please bring all your eye drops with you to the surgery center and all office appointments related to your cataract surgery.