
Other Recovery Tips

- For the first three (3) days avoid heavy lifting and vigorous activity. Be careful not to trip, fall or bump your eye.
- When picking up things, ***kneel*** down, as bending over increases your eye pressure which could disturb your lens placement.
- When putting on shoes, lift your feet to avoid bending.
- As your eye may be light sensitive it is recommended that sunglasses be worn outdoors.
- Avoid getting soapy water in your eye when showering or bathing.

Notify Your Specialist IMMEDIATELY If You Experience Any of the Following:

- Severe eye pain or headache which is unrelieved by medication.
 - Prolonged nausea or vomiting.
 - Increased blurriness after your first office visit.
 - Your eye has increased redness, drainage or discharge.
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If you CANNOT contact your Specialist please GO TO the nearest EMERGENCY DEPARTMENT OR see your FAMILY PHYSICIAN.

New Glasses

You may require a new prescription for glasses in about two (2) months.

For concerns or questions not answered by this pamphlet speak to your specialist.

Follow-Up Appointment at your Eye Specialist Office

Time: _____

Call Office Phone # _____

- Please bring your glasses and this pamphlet with you to your follow-up appointment.

**If you are unsure
about anything
Ask Questions!**

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Prepared by:
Surgical Day Care
RMH



Discharge Instructions Following

Cataract Surgery

**With an Intraocular
Lens Implant**

Dr. Yu

Dear Patient

Here are a few simple tips to aid the healing process after your cataract removal and lens implant.

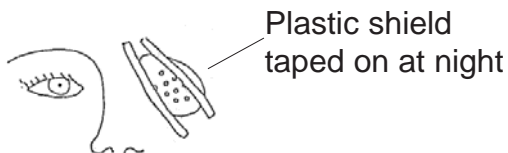
Recovery may vary from 4-8 weeks.

Recovery Instructions

Eyepatch/Shield:

- Because your eye requires protection for up to 4 weeks during the healing process, you will need to wear an eye shield for sleeping. Tape the plastic shield over your eyes when you go to bed for 1 - 2 weeks.

During the day wear your regular glasses or sun glasses if you are light sensitive.



Eyedrops

To help with the healing process start prescribed eyedrops to help your eye heal as soon as you get home 4 times a day.

To apply the drops complete the following steps:

1. Wash and dry hands using a clean towel.
2. Identify the correct eyedrop and shake the bottle and remove the cap. To prevent infection avoid touching the bottle tip with your hands and do not touch the bottle tip to the eye.
3. To apply the drops, lean back in a chair or lie down, look up and using your index or middle finger pull your lower lid down gently, forming a pocket.
4. Squeeze the bottle and apply one or two drops into the pocket.

5. Release the lid and gently close the eye for a minute. Gently wipe away excess eyedrop with a tissue.
6. When using several prescribed eyedrops allow a few minutes between eyedrop instillations.

Tilt head
back



One (or two)
drops into
pouch



- Resume your normal medications and diet.
 - Diabetic patients should continue as usual to pay careful attention to control of their blood sugar, diet and medications.
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