

Eye Medications To Be Used:

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

An appointment at the office has been made for:

Check with your Eye Specialist for instructions regarding medications.

A scratchy feeling is **NOT** serious and is probably due to the stitches. Tylenol tablets are usually helpful.

Contact doctor's office or Emergency if you have:

- Sudden loss of vision.
- Severe or persistent pain.
- Frequent light flashes.



Burnaby Hospital

Post-operative Instructions For Cataract Surgery

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

RECOVERY INSTRUCTIONS

Eyepatch/Shield

Do not remove or disturb your eyepatch/shield. At your next follow-up appointment your Eye Specialist will remove them. Arrange for someone to take you to your appointment as your vision may be blurry.

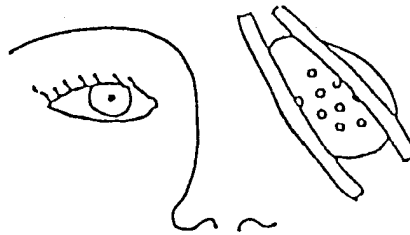
Activity

Resume usual activities including reading and watching TV.

Activities:

- Resume normal activities with caution and **DO NOT** do any heavy lifting, bending, swimming, golfing, or bowling until your Eye Specialist permits
- Your Eye Specialist will give you more instructions in the office the day after surgery

Because your eye requires protection for up to two weeks during the healing process, you will need to wear an eye shield for sleeping. Your Ophthalmologist will show you how to apply the shield and will clarify the length of time you may require the use of the shield.



Avoid getting water in eye for one week. When washing hair, wash so water runs off the back of your head and not into eye.

No makeup for 2 weeks.

To apply the drops, complete the following steps:

1. Wash and dry hands using a clean towel.

2. Remove eyelid crusting using a cotton ball moistened with warm tap water. Apply gentle pressure to cleanse the eyelid.
3. Identify the correct eye drop 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.
4. 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.
5. Squeeze the bottle and apply one or two drops into the pocket.
6. Release the lid and gently close the eye for a minute. Gently wipe away excess eyedrop with a tissue
7. When using several prescribed eye drops allow a few minutes between eye drop installations.