

Cataract Surgery Postoperative Instructions

- Following cataract surgery, you will be able to resume living a normal life immediately.
- Anticipate some blurriness, which will gradually improve each day.
- It is normal for your eye to be moderately red, sore, and light sensitive, but these symptoms will improve.

Postoperative Medications

After surgery, you will be prescribed several different eye drop medication. You will need to start these eye drops the morning after your surgery. A description of each medication is outlined below.

- **Vigamox** is an antibiotic drop which is used to minimize the risk of infection. It should be used 4 times a day until otherwise directed.
- **Prednisolone Forte** is a steroid eye drop, used to minimize inflammation and modulate healing. It should be used 4 times a day until you are told to decrease. The drops might sting a little when they are instilled, and this is normal.
- **Nevanac** is an anti-inflammatory drop. Use it 3 times a day until you are told to discontinue.
- **Refresh Plus and Systane** are both lubricating drops, used to moisturize and lubricate the eye. You can use these as much as you want, particularly if your eyes feel watery, gritty, or uncomfortable. Please use lubricating drops every 1-2 hours for the first 1-2 days after surgery. After this time, you should use the drops at least 4 times a day until one month after surgery.
- **Please continue any glaucoma or dry eye medications you were using prior to the surgery.**

It doesn't matter what order you put the drops into your eyes, but you should wait at least one minute between drops. Please allow 24 to 48 hours when requesting refills, and call BEFORE you run out of drops.

Restriction on Activities

- It is extremely important that you **DO NOT RUB THE TREATED EYE.**
- You will be given a clear plastic shield to wear as protection over your eye the night after surgery.
- Refrain from any activities that may put your eye at risk of injury, as well as areas containing a high volume of chemicals, dust, and debris.
- **Do Not** wear any eye makeup or moisturizer around the eye for 1 week after surgery.
- **Do Not** swim or go into a hot-tub, Jacuzzi, or sauna for 1 week after surgery. You can take showers as normal, but avoid getting shampoo or soap in your eyes.
- **Avoid** strenuous activity, including lifting more than 30 lbs, for 1 week after surgery.
- It is fine to bathe, read, watch TV, and use the computer.

Symptoms requiring medical attention:

- Sudden onset of increased discharge from the eye

- Persistent or increasing pain in the eye
- Sudden decrease in vision
- Persistent nausea or vomiting

**If you have any questions or concerns before or after your surgery,
please contact Dr. Rotkis' office at (206) 386-2516.**