



San Jose Medical Center Department of Ophthalmology  
5755 Cottle Road, Building 2  
San Jose, CA 95123

## **CATARACT SURGERY PREOP and POSTOP INSTRUCTIONS**

### **PREOP MEDICATIONS:**

- Please refer to the directions on the medication labels.

### **POST OPERATIVE INSTRUCTIONS:**

- Start POSTOP medications as instructed on your medication label(s).
- Do not be alarmed if your vision is blurry the first few days following the surgery, as long as the eye feels well, you are OK.
- Follow-up with your doctor as scheduled unless the eye is developing severe pain.

### **HELPFUL INFORMATION:**

- It may be difficult to open your eye and you may have double vision for 1 to 2 days.
- Your vision will be blurry for 1 to 2 weeks.
- Remember, everyone heals differently, be patient, it takes an eye 4 to 8 weeks to heal.

### **RESTRICTIONS:**

- No swimming under water for 1 month.
- You may resume your normal activities as soon as you feel up to it.

### **IMPORTANT TELEPHONE NUMBERS:**

- Ophthalmology Advice and Appointments: (408) 972-6570, between 9:00 AM – 5 PM. Closed 12:30 PM – 1:30 PM for lunch.
- Ophthalmology Weekend and Holiday Advice: (408) 362-4791