

POSTOPERATIVE HOME CARE INSTRUCTIONS

Congratulations on your cataract surgery! You may find the information below helpful during your first week after surgery:

1. Eye patches are normally removed at our post-op visit.
2. **Do Not** rub your eyes.
3. There are no dietary restrictions after surgery.
4. Resume all medications as well as any eye medication prescribed to you.
5. If you experience mild discomfort you may take Tylenol. Report any persistent or unrelieved pain to your physician immediately.
6. Normal daily activity is permitted.
7. Do not swim under water for 1 month after surgery.
8. Taking showers and baths permitted.
9. You may read, write and watch television. Remember, your vision will be variable for a few weeks. This is normal. It will take several weeks for your vision to stabilize.
10. You may experience unusual sensations in your operative eye. You may see “shimmering”, streaks or flashes of light, don’t let this alarm you, it is normal.
11. You may notice a difference in the way you see colors with the operated eye, this is normal.
12. You may feel like there is something in your eye, this is the incision, it will eventually smooth out in a few weeks.
13. Wearing dark glasses may be comforting.
14. You may resume driving when your physician has removed your eye patch and your vision is clear.
15. Air travel if permitted.
16. No dental work, including teeth cleaning for at least 2 weeks after surgery.
17. No modifications of sexual activities.

If you have persistent pain, unusual discharge, or a change in your vision, call:

- Ophthalmology Advice Monday-Friday 9 AM – 5 PM - (408) 972-6570
- After Hour and Weekend Advice – (408) 362-4788