



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

**ECCE with IOL  
POST-OPERATIVE INSTRUCTIONS**

**ACTIVITY:**

- No strenuous activity
- No swimming for one month.
- After your surgery lay on your back or non-operative side for one month.

**DIET:**

- No dietary restrictions.

**MEDICATIONS:**

- Resume regular medications

**CARE OF WOUND OR DRESSING:**

- Leave eye patch or shield on until removed by your physician.

**WHEN TO CALL YOUR DOCTOR:**

- If you experience a decrease of vision, swelling, or redness.

**FOLLOW-UP APPOINTMENT:**

- As scheduled.

**IMPORTANT TELEPHONE NUMBERS:**

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