



# Instructions after cataract surgery

## Medications

1<sup>st</sup> week after surgery: Use both Zymar **and** Prednisolone drops four times a day (only in the eye that had surgery!). Close your eye for a minute after putting in the drops and also wait 5 minutes between the medications. The Prednisolone drops should be shaken about 10 times before each use.

2<sup>nd</sup> week after surgery: Stop Zymar, continue Prednisolone four times a day.

3<sup>rd</sup> and 4<sup>th</sup> week after surgery: Use Prednisolone twice a day.

## Activities

1. Tape the shield over the operated eye at night for the 1<sup>st</sup> week.
2. Avoid rubbing or pressing your operated eye.
3. Avoid strenuous activity or heavy lifting (over 10 lbs) for 1 week
4. Avoid swimming for 2 weeks after surgery
5. You may resume driving within a few days after surgery if you are comfortable with your vision, but please do not take any unnecessary risks!

## Things to watch out for

Eye infection after cataract surgery is a rare but serious problem. If you experience a significant decrease in vision or increasing pain and redness please call (650) 299-2111.

## Follow up

You should have a follow-up appointment with your optometrist approximately 4 weeks after the surgery. You may wear your current prescription or reading glasses until that visit.