



Now that your cataract surgery is complete, it's important to follow our recommendations and medication schedule closely to ensure proper healing and ideal outcomes. Of course, we are here for you should you have any questions at all as you recover from your cataract surgery.

First things first, eat a light first meal and take a nap after returning home from surgery.

Medications

- Continue administering your drops per your Cataract Surgery Drop Schedule
- Start your new post-surgery drops per your Cataract Surgery Drop Schedule
- Continue taking Dry Eye Formula Supplements: Take 1 tablet by mouth twice a day (morning and evening) with food to avoid an upset stomach.

Activity

- Please refrain from driving or operating hazardous equipment the day of surgery
- Please refrain from swimming for 2 weeks.
- Please refrain from wearing eye makeup for 1 week. To prevent infection, we recommend that you purchase new eye makeup after surgery, if possible.
- You may walk or engage in gentle exercise the day after surgery, but avoid strenuous activities or heavy lifting for 1 week.
- You may shower or wash your hair the next day. If you get soap in the operative eye, please rinse with artificial tears.
- Make sure to wear your protective sunglasses when going outside for at least two days as your eyes may still be dilated and/or sensitive to light.

What to Expect:

- Your vision may be blurry for a couple of days after surgery, but it will continue to clear in the following days.
- You may notice a cloudy fog in your vision right after surgery, but it will continue to clear in the following days.
- Do not be alarmed if your pupil remains dilated for 24-48 hours following surgery.
- If you have any discomfort, you may take Tylenol.

Be sure to attend all of your post-operative visits. Refer to your surgery schedule for the dates and times.

Patient Signature _____ Surgical Coordinator Signature _____