



Department of Ophthalmology  
Santa Rosa

Name: \_\_\_\_\_

MR#: \_\_\_\_\_

Imprint Area

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## POSTOPERATIVE INSTRUCTIONS: CATARACT - PHACO

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### AT HOME:

For about 6 weeks after your cataract has been removed, your doctor will want you to avoid anything which could press on your eye. During the convalescent period of 6 weeks or so, your doctor is entirely dependent on your cooperation; the success of your operation now depends on you. Your doctor will want you to pay careful attention to the following advice for 6 weeks or until you are told otherwise.

### ACTIVITY:

1. Do not rub your eye.
  2. You may feel like there is something in your eye. There isn't, but you can feel the incision until it smooths itself out. This can take a few weeks. You'll have some discharge out of your eye. It is OK to gently tease that away with a washcloth.
  3. You should resume your regular diet and all medications after surgery.
  4. Normal daily activity is fine, such as walking or light reading. Nothing strenuous or jarring for one week, such as lifting heavy weights, bending all the way over, golfing, jogging, or tennis for at least the first 3 or 4 days.  
You may resume sexual activities after 1 or 2 days and swimming after 1 month.  
Avoid straining when going to the toilet.
  5. You may take showers or baths after the first day, but take care not to get water or shampoo in the operated eye.
  6. You may read, write, and watch television. Remember, your vision will be quite variable for a few weeks. This is normal. It takes a number of weeks for vision to stabilize.
  7. Wear glasses or shield during the day and your shield at night for one week after surgery. This can be your old glasses or sunglasses. Your old glasses will now be the wrong prescription, but this won't hurt anything.
  8. Hold your glasses with your thumbs covering the tips of the temple when you put them on to avoid poking your eye. Dark glasses will probably be more comfortable.
  9. Mild pain is expected and this can be relieved with two Tylenol. Avoid aspirin products. The patch may be loosened if aching persists.
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**POSTOPERATIVE INSTRUCTIONS: CATARACT - PHACO** *(Continued)*

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**FOR PERSISTENT PAIN:**

Call for advice at the Eye Department at 571-4022 between 8:30 a.m. - 5 p.m., Monday through Friday, or call the Hospital Operator at 571-4000 outside normal hours and ask to speak to the ophthalmologist on call.

- 10. You may resume driving after your first post-op appointment if your vision is clear.
- 11. Do not drive a care while the eye is patched.
- 12. Air travel is okay after the first day.
- 13. Avoid activities that require full concentration for 24 hours after your operation.  
Do not sign legal documents or make significant personal decisions during this time period.
- 14. Be careful when holding children or animals due to their unpredictable movements.  
Walk cautiously, especially while wearing a patch or shield.
- 15. You may notice a difference in the way you see colors with the operated eye. This is to be expected.  
Your cataract altered the colors. Now that it is gone, the correct colors are coming through.
- 16. You'll have some unusual visual sensations. You may see "shimmering," streaks, flashes of lights, or other unusual things. Don't let this alarm you. This is normal for the first week.

**FOLLOW-UP APPOINTMENTS:**

Please keep your follow-up appointments which are found in your preoperative packet.

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**The instructions on this form have been explained to me.  
I understand them and have received a copy of them.**

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SIGNATURE OF PATIENT OR LEGAL REPRESENTATIVE

DATE

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