

## **Postoperative Cataract Surgery Instructions**

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### **Day of Surgery**

- Do not eat or drink fluids for eight hours prior to surgery. The only exceptions are usual medications you normally take in the morning. Take your usual medications with a sip of water. Usual medications include medications for blood pressure, heart issue, seizure disorder, or tremors.

- Please do not remove eye patch after cataract surgery. It is normal to experience mild ache, scratchiness, or itching. If necessary, take Tylenol, but avoid aspirin or other medications that thin the blood.

### **Medications**

- Use Vigamox or Zymar one drop to operated eye four times a day for one week.

- Use Pred Forte or Econopred one drop to operated eye four times a day for one week. Separate eyedrops by at least ten minutes apart.

- Resume medications prescribed by other doctors when you get home.

### **Restrictions after cataract surgery**

- Protect the eye with either regular glasses or sunglasses.

- It is a good idea to use the eye shield at night for three nights.

- Avoid getting soap or shampoo in the eye when rinsing, showering, or bathing.

- Do not go swimming or engage in contact sports (football and racquetball) for one month after cataract surgery.

- Avoid creams, lotions and makeup around the operated eye for two weeks.

**Activity**

- You may carry on routine activity, but avoid exposure to dirt, dust, and strenuous activity for one week.

**Eyecare**

- Remove any discharge or debris around your eyes with a clean washcloth.

**When to call**

- Report any of the following to our office: deep pain, swelling, increasing discharge.

- Dr. Reynard may be contacted through the office phone or through our web site: [www.reynardmd.com](http://www.reynardmd.com). Your first postoperative visit is the day after surgery. Bring your eyedrops and eyeglasses to each visit.

**IMPORTANT: THIS INFORMATION IS FOR GENERAL INFORMATIONAL PURPOSES FOR PATIENTS OF DR. REYNARD. EACH PATIENT HAS INDIVIDUAL NEEDS AND SPECIFIC GUIDELINES ARE PROVIDED IN THE OFFICE FOR OUR PATIENTS. THIS INFORMATION SHOULD NOT BE USED FOR DIAGNOSIS OR AS A SUBSTITUTE FOR SEEKING MEDICAL ATTENTION FOR TREATMENT OR CARE. WE RECOMMEND THAT YOU CONSULT WITH A QUALIFIED PHYSICIAN FOR GUIDANCE CONCERNING YOUR SPECIFIC SITUATION.**