

# Instructions For Cataract Surgery

Updated 11/12/2007

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1. Eyelid scrubs – to prevent infection.
  - a. Please begin three days before surgery. Stop after surgery.
  - b. When you wash your face, hold a warm compress to your eyelids for a few minutes. Then, gently scrub at the base of your eyelashes with your fingertips, wash cloth or cotton ball. Please remove all make-up and mascara.
2. Zymar eye drops – antibiotic to prevent infection
  - a. Please begin the three days before surgery and use 1 drop four (4) times per day.
  - b. Continue 1 drop four (4) times per day until 1 week after surgery.

Acular eye drops – nonsteroidal drop to help with inflammation

  - a. Please begin three days before surgery and use 1 drop four (4) times per day.
  - b. Continue 1 drop four (4) times per day until gone.

Prednisolone (Pred Forte) eye drops – steroid eye drop to prevent inflammation

  - a. Please begin the day of surgery and use 1 drop four (4) times per day.
  - b. Continue 1 drop four (4) times per day for until gone.

Refresh or Artificial Tears – lubricating drops

  - a. Use one drop four times a day as needed for irritation.
3. You may experience eye irritation or discomfort, headache or brow ache. This is common and usually resolves after several hours. You may take 2 Tylenol or ibuprofen tablets every four hours as needed. **If pain becomes more severe, call the office.**
4. Your vision **will** be blurry after surgery and may still be blurry the following day. Your vision may also fluctuate. This is expected and should not cause concern.
5. Most patients report an arc of light or shadow in their peripheral vision. This is due to a reflection off the edge of the implanted lens and should not cause alarm. Many patients also report red or pink colored vision that lasts for a few hours to a day. Floaters are also common.
6. Please avoid strenuous activities for 2 weeks, e.g. golf, bowling, and gardening. Remember, cataract surgery is still a major eye operation and you should take it easy until you are comfortable with your routine. You may shower and shampoo your hair the day following surgery. Please avoid dusty or dirty chores, hot tubs and swimming pools for 2 weeks.
7. You may use your eyes any way you wish – reading, watching TV, etc. are permitted immediately. You may wear your old glasses or go without glasses altogether. Some patients prefer to remove the lens in front of the operated eye. Some patients prefer to obtain a pair of over-the-counter reading glasses from the optical shop. I suggest a power of +2.00. Sunglass wear is optional – you will not damage your eyes by wearing them or by not wearing them.
8. You will need to wear an eyeshield on the eye full time for the first 24 hours after surgery. After the first 24 hours wear your eyeshield at bedtime only for 1 week.

**Call Dr. Marshall immediately (471-2020) if you experience a marked decrease in vision, persistent eye pain, or an increase in redness.**