

# Capital Eye Consultants

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## INSTRUCTIONS FOR THE POST-OPERATIVE CATARACT PATIENT

**RIGHT EYE** \_\_\_\_\_  
**LEFT EYE** \_\_\_\_\_

After your surgery is over, there are a few things that you need to do to ensure that your eye heals as quickly and easily as possible. This list of instructions will help you reach that goal.

1. **Medications.** Please follow directions below. Begin using **all drops** as directed below the day after surgery. Bring your eye drops with you to each follow-up visit.

**A. Vigamox or Zymar** drops.  
One drop 4 times a day for one week after surgery, then discontinue

**B. Pred Forte or Omnipred**  
One drop 4 times a day for 4 weeks, or until the bottle runs out.

**C. Nevanac or Acular**  
One drop 4 times a day for 4 weeks, or until the bottle runs out.

### Remember:

- ✓ Shake both bottles well before using.
- ✓ Wait about three (3) minutes between drops.
- ✓ If there is doubt the drop went into the eye, instill a second drop, better to use too much than too little.
- ✓ Bring your drop bottles with you to every office visit.

2. Wear your own glasses or sunglasses during the day, as needed.
3. Tape your eye shield in place at night for one week after surgery.
4. Routine activity such as bending and lifting objects **under 25 lb.** is permissible. Light weight lifting, walking and light exercises are acceptable activities during the first week after surgery. Avoid running, racquet sports and activities that put the eye at risk of trauma or infection. No swimming or hot tub for 3 weeks.
5. When showering, keep the eye closed. Rinse soap away from the eye before opening. Use antibiotic drops afterward during the first 5 days post-op.
6. Artificial tears may be used as needed for itchy, scratchy or gritty eyes. Do not use immediately after medicated drops but wait about 10 minutes.
7. Remember that your eye should improve from here on in. If you notice a constant increase in pain, redness or discharge, or any sudden decrease in vision, please call us right away. These are signs of possible infection.
8. **If you ever have any questions, don't hesitate to call the office at 703-876-9630.** We want to do everything possible to ensure quick healing of your eye.

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