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Board-certified Ophthalmologists

*Specializing in: Corneal Surgery,
External Disease & Refractive Surgery*

FITE EYE CENTER POST SURGICAL INSTRUCTIONS
FOR CATARACT SURGERY

INSTRUCTIONS

Go home after surgery and relax. You may read, watch television and walk around.
You may resume your daily prescriptions and normal diet immediately.

RESTRICTIONS

DO NOT TOUCH OR RUB YOUR EYE.

You may immediately return to bathing and showering, but avoid getting water in your eyes for 1 week after surgery.
Do not apply any make-up, lotions, or other beauty products around the eye for two weeks after surgery.
Do not swim for 4 weeks after surgery. Do not enter a "Hot-Tub" for 4 weeks after surgery.
Do not exercise or lift anything heavy (over 15 pounds), or do any strenuous activity for 1 week after surgery.

EXPECTATIONS

It is normal for you to have pink drainage on the day of surgery.
It is normal for your eye to feel sore and scratchy, water a lot, and feel like it has lashes in it for several weeks.
It is normal to have light sensitivity to sunlight and headlights for several months after surgery, wear sunglasses if needed.
Do not be alarmed if your vision is blurry and fluctuates during the first month after surgery.
You may return to driving on the day after surgery (unless otherwise instructed).
Plan on returning to work 1-2 days after surgery (unless otherwise instructed).

MEDICATIONS (DROPS)

START your drops AFTER returning home from surgery (Ofloxacin & Prednisolone).
Make sure you use each drop 3 times the day of surgery.

Example:

AM Surgery: START your drops at 2:00 pm, then another set at 6:00 pm and bedtime.

PM Surgery: START your drops when you arrive home, then another set at 7:00 pm and bedtime.

You may use Systane Preservative Free Tears or regular Systane Tears as needed for prickliness, dryness, and itching. You can use them 4 times a day. Both can be purchased over-the-counter at your local pharmacy.

EYE SHIELD

Wear the shield the day of surgery, removing only long enough to administer drops, sleep in it that night and you may remove the next morning and wear only when napping or sleeping for 5 days after surgery.

ORAL MEDICATIONS

You may use over-the-counter pain medications (Tylenol, Advil, etc.) for mild discomfort.

FURTHER INSTRUCTIONS

You will have a follow-up appointment the day following surgery at the Clinton Township location.
If you experience nausea, severe pain or vision loss, call the office 586-226-2020 immediately.

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