

**EMERGENCY: 404-531-9988**

## Tips for after cataract surgery

Although most people can resume everyday activities 24 hours after cataract surgery, there are a few instructions that you will be asked to follow. They include:

- Don't do any strenuous activities for a few weeks. Avoid rigorous exercise and heavy lifting.
- Don't drive. The length of time after cataract surgery before you can drive depends on a number of factors – your doctor will tell you when it is safe to resume driving.
- Follow your doctor's orders regarding any antibiotic and anti-inflammatory eye drops. These are important to prevent infection and inflammation and ensure proper healing. If you have difficulty in administering them, get a friend or family member to help you out.
- Stay away from dusty areas. It's a great idea to have your house vacuumed and cleaned before surgery, as your eyes will be sensitive to airborne allergens such as dust.
- Don't rub your eye. Eye rubbing is a quick way to develop a nasty infection. It's never a good idea, even when you aren't recovering from surgery.
- Don't swim. It's best to avoid swimming or hot tubs for a week after surgery.
- Don't wear make-up. Ask your doctor when you can resume doing so.

## Symptoms to watch for after cataract surgery

If you experience any of the following symptoms, please contact your ophthalmologist immediately:

- Vision loss
- Pain that persists despite the use of over-the-counter pain medications
- Light flashes or multiple spots (floaters) in front of your eye
- Nausea, vomiting or excessive coughing

## Eye Drops



Eye Shield – You can stop wearing the shield on day 8 (after 1 week).  
Until then, continue to wear while sleeping.

### Drop Schedule

Day 1 through 7

- Instill 1 drop 4 times a day

Day 8 through 13

- Instill 1 drop 3 times a day

Day 14 through 21

- Instill 1 drop 2 times a day

Day 22 through 31

- Instill 1 drop 1 time a day

Day 32 – stop all eye drops

\*use the schedule on the back to help keep track of your drops

Day	Breakfast	Lunch	Dinner	Bedtime
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