

Instructions For Dr. Anderson's Cataract Surgery Patients Once Your Cataract Surgery is Complete

You can go home about one hour after your surgery, once the effects of the anesthetic and/or sedative have worn off. Remember that you are not allowed to drive after any medical procedure, so you must take a taxi or bus or have someone drive you home. You may wish to have someone accompany you. Once at home you can resume most of your usual activities within a few days. To ensure the health of your eye(s) please read this information sheet. If you have other questions or concerns, please speak with Dr. Anderson.

Will my vision be better right away?

Your vision should improve substantially within a few days. Many people say they see better immediately after the surgery or once the patch is removed. The degree of improvement will vary with the density of the cataract you had, and may be affected by other eye problems such as glaucoma or macular degeneration.

When do I see the doctor again?

Most eye surgeons see their patients the day after surgery, and then one to two weeks later. Dr. Anderson will advise you what timing is best for you based upon the method of surgery. At all visits, the doctor will perform an examination to ensure the incision is healing and your eye is healthy.

Is some discomfort normal?

Most people feel no discomfort after cataract surgery. Some people may notice a gritty or scratchy feeling, as if they had a grain of sand or an eyelash in the eye. They are actually feeling the edge of the tiny (usually invisible) cut made during surgery. Some people experience a burning sensation if, during surgery, their eye became dry or a surgical tool was used to hold the eye steady. This discomfort should disappear within three days. In addition, some of the drugs used during the operation may cause headache, but this is rare.

If you have some discomfort or headache, you can take two regular-strength acetaminophen tablets (such as Tylenol®) every four hours. Do not take acetylsalicylic acid (Aspirin) during the first two days after surgery, as in rare instances it can increase the risk of bleeding.

How do I care for the eye?

If you have a patch and plastic shield on your eye, they should remain there until you return home. You may then remove the shield to instill the drops, but please put it back on when you go to sleep.

For another four or five days you will put the shield on (with nothing under it) only when you sleep. Doing so will help prevent you from putting pressure on your eye if you roll over when you're asleep.

For the first day or two, be gentle when you wash around the eye area, but bathe normally. Do not rub your eye or put anything in it except the eye drops Dr. Anderson has prescribed for you.

What if I have pain or other problems?

After the surgery, tell Dr. Anderson if you:

- have severe pain (not relieved by acetaminophen),
- feel sick or vomit,
- notice your vision is worsening instead of improving from day to day,
- see flashes of light or a dramatically increased number of "floaters" (the black specks that sometimes appear in your field of vision).
- have redness that doesn't go away with the eye drops that you were given.

What is the purpose of the eye drops?

The purpose of the eye drops is to decrease the risk of infection and inflammation after surgery.

You will have enough eye drops to last two to three weeks. Be sure to use the drops as directed. If you don't use them, you may have redness, swelling or scarring, which can affect the success of your surgery.

And remember, only the eye that was operated on needs drops!

**All of Dr. Anderson's Patient Instructions can be viewed on the Internet by visiting
<http://www.prk.com/eye-surgeons/anderson>**

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What activities should I avoid after cataract surgery?

You can resume most of your regular activities within a few days, including exercise and sports (be sure to use protective eyewear).

Once Dr. Anderson gives you the go-ahead, you can drive. Feel free to bathe or shower and use shampoo as cleanliness decreases the risk of infection, but don't rub your eye.

Some doctors recommend that women wait a few days before wearing make-up around the eyes. And because your new intra-ocular lens protects your eye against ultraviolet light (just as your natural lens did), sun exposure is not a problem. Some people feel more comfortable, however, with sunglasses.

You should not go swimming until the doctor says you can (about two weeks), because the water in pools can cause inflammation or harbour infectious viruses or bacteria.

You may also want to avoid lifting anything heavier than 9 kg (20 lb.) for the first week after surgery, as the exertion may cause discomfort in your eye.

Is there an easy way to put in eye drops?

If you need help, Dr. Anderson or your nurse can offer a few tips. Some people prefer to have someone else put eye drops in for them. Another way to make the task easier is to lie down (this is particularly useful for people who have difficulty tilting their head back because of arthritis or neck problems). In this way, your eyes are in the correct position and the drops can simply "fall" in. You can pull the lower eyelid out slightly to make a pocket for the drops, but this is not necessary.

Once the drops are in, you may keep your eyes closed for a few minutes to minimize the temporary burning sensation that many eye drops cause. Gently blot any excess medication.

Some Helpful Hints After You Have Had Surgery

DO

- . . . wear your patch and plastic shield while you sleep for the first week.
- . . . use the prescribed eye drops as directed.
- . . . take two regular-strength acetaminophen tablets every four hours for any discomfort or headache, but do not take more than this amount.
- . . . report to your doctor any severe pain, redness that doesn't go away with the eye drops, a sudden decrease in vision, flashes of light, or an increased number of floaters.
- . . . feel free to take up most of your regular activities, such as exercise, within a few days.
- . . . wear appropriate protective eyewear for sports.
- . . . resume bathing, showering and using shampoo immediately, but do not rub your eye.
- . . . resume driving when your doctor gives you the go-ahead.

DON'T

- . . . drive yourself home after the surgery.
- . . . rub the eye or put anything into it except the eye drops prescribed by Dr. Anderson.
- . . . lift anything heavier than about 9 kg (20 lb.) for the first week after surgery.
- . . . go swimming until Dr. Anderson says you can.

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