

ALABAMA VISION CENTER

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CATARACT Post-Operative Instructions




Appointment today/tomorrow with Dr. _____ at _____

One week follow up: _____

Take all of your drops and instructions to all follow up visits.

Continue medications in the operative eye. Wait at least 3 minutes between different eye drops. Take your medications with you to ALL Post-Operative visits. Your doctor may change this medication regimen at your examination.

**Save bottle for your 2nd eye if it is within the next month.*

	MEDICATIONS	DOSAGE
	VIGAMOX (or OCUFLOX)	1 drop 3x a day for 1 week*
	PRED FORTE	1 drop 3x a day for 1 month*
	ACULAR (KETEROLAC)	1 drop 2x a day for 1 month*

1. Tape the eye shield in place for 1 week while sleeping.
2. Do NOT rub or bump your eye!
3. Blurred vision should be expected immediately after surgery and usually begins to clear in a few days. New glasses can be obtained when the eye is stable.
4. Minor discomfort is normal and should improve in a few days. Scratchy sensations, mild redness and tearing may be noticed. Tylenol, Motrin or Advil may be taken as needed for pain.
5. Use your eye. Visual tasks such as reading or watching TV will not harm the eye. You may wear your normal glasses or sunglasses.
6. Resume your regular diet and routine medications.
7. Resume your physical activities. Strenuous activities, lifting items over 20lbs, bending or stooping over should be avoided for 1 week. Ask your doctor when you may resume driving.
8. You may bathe and shampoo your hair the day after surgery. Do NOT get water, soap or shampoo in your eye for 1 week. Do NOT use eye makeup for 1 week.

Call our office immediately if you have severe pain or significant loss of vision at (205) 592-3911.