

Cataract Post-Operative Instructions for Dr. Shawn Klein



1. Your eye may be patched after surgery. You may remove this patch before bedtime and begin your eye drops. When you first take off the patch you may have double vision – this is a result of anesthesia and will get better in time.
2. It is normal to have some foreign body sensation after surgery. **DO NOT RUB YOUR EYES.**
3. It is not unusual, depending on your personal reaction to the anesthesia, to have some nausea after the surgery.

4. Medications should be used as follows unless otherwise indicated:

Pred Forte: 1 drop four times per day. Shake before use.
Acular/Voltaren: 1 drop four times per day
Zymar/Vigamox: 1 drop four times per day.
Tylenol or Motrin as needed for discomfort.

No drops should be used within five minutes of each other.

Medications should be brought with you every time you see the doctor.

5. Sleep with the plastic eye shield taped over the eye for the first three nights after surgery so that you do not rub your eye accidentally while sleeping.
6. You may shower the day after surgery. Be careful not to get soap or water in your eyes for the first week. Do not wear eye make-up for one week. Swimming can be done 2 weeks after surgery. Mild exercise can be done two days later if you are not told otherwise by your doctor.
7. For emergencies, contact Klein & Scannapiego PA MD at 908-289-1166. Decreasing vision, increasing pain or any disconcerting issue which does not resolve after 30 minutes may be an indication of a problem necessitating a call.