

JEFFREY S. KAIDEN, MD
PATRICK K. CHIN, MD
MICHAEL S. FLEISCHER, MD
GLEN M. BIANCHI, MD
JUNG S. LEE, MD
BRENDA PAGAN-DURAN, MD
JAMES KIRSZROT, MD

Post Cataract Surgery Guidelines

You may do the following:

- + Watch TV or read (as long as you are comfortable)
- + Light housework, hobbies, shopping
- + Take walks (be careful of curbs), climb stairs (hold on to rail when available)
- + Mild exercise that does not involve lifting weights more than 15 pounds or bending your head below your waist
- + Drive car when permitted by your doctor
- + Brush hair and shave
- + Use Asprin-free pain reliever
- + Resume usual diet

You may not do the following:

- Heavy lifting, vigorous exercise, excessive bending over, or any activity that may cause you to strain
- Straining with bowel movement—use a laxative if necessary
- Rub eye or put any pressure on the operated area

Things to Remember:

- Always wash hands before putting eye drops in your eye
- To administer eye drops, gently pull the lower eyelid down to form a pocket and place the drop in the pocket. Close both eyes for one minute and repeat the procedure for each drop.
- The protective eye shield must be used for one week following surgery when you sleep
- Resume taking any previous medications
- You may bathe, shower or shave, just keep water pressure and soap away from the operated eye
- Try to avoid sleeping on the operated side for one week after surgery
- Avoid using eye makeup for one week after surgery