



Post-Op Instructions for Cataract Surgery

1. Eye Drops:

Proper use of eye drops is critical for your healing. Follow these steps:

- **Steroid (Durezol):** Use **1 drop twice a day** for the first month. This drop should always be applied **first**.
- **Antibiotic (Vigamox):** Use **1 drop twice a day** for **1 week** to prevent infection. Wait **5 minutes** between drops.
- **Anti-inflammatory (Ilevro):** Use **1 drop twice a day** for **1 month** to reduce swelling. Again, wait **5 minutes** after the previous drop.
- **Lubricating Drops (Artificial Tears):** Use as needed to keep your eyes comfortable and moist.

How to Apply Drops:

- Wash your hands thoroughly before handling the eye drops.
- Pull your lower eyelid down gently to create a small pocket.
- Hold the bottle close, but **do not touch** your eye or eyelashes with the dropper tip.
- Apply 1 drop into the pocket and close your eye gently for a few seconds. Blinking too hard may push the medication out.
- **Wait 5 minutes** between applying different drops.

2. General Post-Op Care:

- **Eye Protection:**
 - Wear the protective **eye shield** while sleeping for the first week to prevent accidental rubbing or injury.
 - When outdoors, always wear **sunglasses** to protect your eye from bright light and UV rays.
- **Cleansing the Eye:**
 - If you experience tearing, gently blot your face with a clean tissue, **avoiding any contact with your eye**. Do not press or rub the eye.
- **Sleeping Positions:**
 - If you tend to sleep on your side, it is important to **avoid sleeping on the side of your operated eye** for the first week. Sleeping on your back is ideal during recovery.



3. Activity Restrictions:

Activity	When It's Safe to Resume	Special Instructions
Light walking/exercise	Day after surgery	Avoid overexertion
TV/Computer	1-2 days after surgery	Limit screen time
Reading	1-2 days after surgery	Adequate lighting needed
Shower (avoid eyes)	2 days after surgery	No soap/water in eyes
Eye makeup	5-7 days after surgery	Avoid makeup near the eye
Heavy lifting (>10 lbs)	3 days	Avoid strain or pressure
Bending over	2 days	Avoid bending to prevent eye pressure
Swimming/Hot tubs	1-2 weeks	Avoid water contact
Vigorous exercise	1-2 weeks	Start light, ease into full routine
Direct sun exposure	1 week	Always wear sunglasses
Sauna/Jacuzzi	1-2 weeks	Avoid for eye protection
Flying	1 week	Use eye protection from dry air
Driving	1-2 days post-surgery (if vision is clear)	Be cautious

4. Additional Instructions:

- **Sweating:**
 - If you engage in light exercise, ensure sweat does not drip into your eyes. Use a clean towel to gently blot your forehead if needed.
- **Post-Op Vision:**
 - It's normal for vision to fluctuate after surgery. You may experience glare, halos, or blurriness, but this should improve over time as your eye heals.
- **Follow-Up Appointment:**
 - Your first follow-up visit will be scheduled for **the day after surgery**. Bring your drops and shield to this appointment. Additional visits may be necessary depending on your healing progress.
- **Emergency Contact:**
 - If you experience **severe pain, sudden vision loss, or any significant changes in your eye**, please call Dr. Tinoosh's office right away at [714.424.9955](tel:714.424.9955). Make sure to tell the operator that you have recently had cataract surgery. The operator will contact Dr. Tinoosh directly through his emergency line if it is outside of regular office hours, ensuring that you receive the necessary attention as soon as possible.