

# POST-OPERATIVE INSTRUCTIONS FOR CATARACT PATIENTS

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**EYE MEDICATIONS:**

*Always wait 5 minutes in between each eye drop (the order does not matter)*

*Always wash your hands before caring for your eye*

*If you are using glaucoma drops, resume them unless otherwise instructed*

**RIGHT EYE/ LEFT EYE**

**WEEK 1:**

**1. VIGAMOX**  
(tan top)



**4x**

(breakfast, lunch,  
dinner, bedtime)

**2. PREDFORTE/  
PREDNISOLONE 1%**  
(white or pink top)



**4x**

**3. ACULAR/KETOROLAC or  
VOLTAREN/DICLOFENAC**  
(gray top)



**4x**

**USE UNTIL: \_\_\_\_\_**

**WEEKS 2 & 3:**

**1. PREDFORTE/  
PREDNISOLONE 1%**  
(white or pink top)



**2x**

(breakfast and  
bedtime)

**2. ACULAR/KETOROLAC or  
VOLTAREN/DICLOFENAC**  
(gray top)



**2x**

**USE UNTIL: \_\_\_\_\_**

**WEEKS 4, 5, & 6:**

**1. PREDFORTE/  
PREDNISOLONE 1%**  
(white or pink top)



**1x**

(breakfast)

**2. ACULAR/KETOROLAC or  
VOLTAREN/DICLOFENAC**  
(gray top)



**1x**

**USE UNTIL: \_\_\_\_\_**

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## EYE CARE:

1. Use the sunglasses for comfort and protection outdoors until light sensitivity subsides.
2. If there are crusts or secretions on the eyelids you may remove them by wiping gently with a cotton ball or clean wash cloth moistened with sterile ocular irrigation (saline) solution from the drugstore. **Do not rub or put pressure on the eye.**
3. For **ONE WEEK**:
  - Wear the plastic protective eye shield at bedtime.
  - Avoid sleeping on the side of the operated eye or face down.
  - Do not bend or stoop with the head below your waist.
  - Do not strain in any way (including bowel movement).
  - Do not lift anything heavier than 10 pounds.
  - Avoid any blow to the head or eye.
  - You may shower but do not allow anything that might carry germs into the eye (i.e. perspiration or shower water).
4. All daily activity other than strenuous athletics may be undertaken after the first post-operative day.
5. Athletics may be resumed after one week but the operative eye must be protected by safety glasses against a direct blow. Safety glasses for sports are strongly advised for protection of both eyes at all times for the rest of your life.
6. Non-strenuous sexual activity is permitted after the first post-operative day.
7. If you need instruction on applying eye medication and cleaning the eye, do not hesitate to ask one of our nurses or technicians.

## IN CASE OF EMERGENCY:

You should not need pain medication stronger than the usual over-the-counter headache type medication (i.e. Tylenol or Advil). If you have more severe pain in the eye, increase in discomfort, severe clouding of your vision, increase discharge, or receive a blow to the eye – call the 24 hour call center immediately at **949-824-2020**. If you cannot reach us for some reason, proceed to the Emergency Room at the UCI Medical Center in Orange. If you are at a distance, contact your local ophthalmologist or go to the nearest Emergency Room. **DO NOT DELAY.**