

HOME CARE INSTRUCTIONS FOR CATARACT SURGERY
BLOCK / TOPICAL

DR. RICE

The vision should continue to improve after surgery. Most patients will need a different prescription in their glasses following their cataract surgery and this will be prescribed during the postoperative period.

POST OPERATIVE VISIT TO CLINIC IS:

Date: _____

Time: _____ with Dr. Rice

DRESSING CARE:

1. _____ If eye is patched, leave in place until seen by Dr. Rice.
_____ If clear shield only, you may remove the morning after surgery.

NOTIFY YOUR PHYSICIAN IF ANY OF THE FOLLOWING OCCUR:

Your vision may be cloudy and may fluctuate. Vision should improve in the first few days. Call if:

1. Eye becomes very sore or vision becomes worse.
2. Elevated temperature, increased redness and/or persistent pus-like eye drainage occurs.

ACTIVITIES: Because of your modern small incision cataract surgery, you may:

1. Be up and about immediately following your surgery. Reading, writing and watching TV are permitted immediately after surgery as well.
2. Bend over to tie your shoes and pick objects off the floor.
3. Lift up to 50 pounds during the first week following your surgery. After one week, you can lift anything your back will tolerate.
4. No swimming for 2 weeks after surgery.

RESTRICTIONS:

1. Use the eye shield at night and to protect the eye during baths, showers, shampoos or permanents for the first few days until the eye feels normal.
2. You may wear dark glasses out-of-doors if the bright light bothers your eye.
3. Use warm water on cotton balls or a clean washcloth to remove discharge from the eyelids every morning as necessary to keep your eyelids clean. Heat, aspirin or Tylenol may be used for relief or discomfort as needed.
4. Do not ever rub your eye forcefully.
5. Due to your IV sedation (if applicable) and/or possible limited vision, do not drive, operate any machinery, drink alcoholic beverages, or make any important decisions in the next 24 hours.
6. No eye make-up for 1 week after surgery.

If you have any problems or concerns, notify your physician at (320) 251-1432. After office hours, your physician may be reached at (320) 654-2947. Contact your local hospital Emergency Room if you require medical attention and cannot reach your physician. St. Cloud Center for Ophthalmic Surgery's telephone number is (320) 258-6620. Our business hours are 6:30 a.m. - 3:00 p.m. Monday, Tuesday and Thursday. However, the St. Cloud Eye Clinic will be open from 8:00 a.m. - 5:00 p.m. Monday through Friday.

Thank you for utilizing St. Cloud Center for Ophthalmic Surgery!

Patient/Escort Signature: _____

Nurses Signature: _____

Dr. Steven W. Rice, M.D., F.A.C.S.

HOW TO USE YOUR EYE DROPS AFTER CATARACT SURGERY

APPLY TO OPERATED EYE

START DROPS TODAY

*** PLEASE SPACE DROPS 3 – 5 MINUTES APART ***



DAY 1 (THE DAY OF SURGERY)	PRED FORTE (1 DROP) (SHAKE) EVERY 2 HOURS UNTIL BEDTIME	ZYMAR (1 DROP) EVERY 2 HOURS UNTIL BEDTIME	ACULAR (1 DROP) EVERY 2 HOURS UNTIL BEDTIME
DAY 2 – 14	PRED FORTE (1 DROP) (SHAKE) 4 TIMES A DAY	ZYMAR (1 DROP) 4 TIMES A DAY	ACULAR (1 DROP) 4 TIMES A DAY
DAY 15 – your next office visit	PRED FORTE (1 DROP) (SHAKE) 4 TIMES A DAY CONTINUE DROPS UNTIL YOUR NEXT OFFICE VISIT	ZYMAR STOP	ACULAR (1 DROP) 4 TIMES A DAY CONTINUE DROPS UNTIL BOTTLE IS EMPTY