### After My Cataract Surgery

#### What to Expect after Cataract Surgery
- Discomfort varies from patient to patient
- Most common complaints are scratchiness, dull ache in eye, headache, burning, stinging, tearing, runny nose, redness and light sensitivity
- Your vision is expected to be cloudy, foggy, and/or blurry on the first day
- Your pupil may be dilated or constricted on the first day and for several days

#### What to Do after Cataract Surgery
- Resume your regular diet
- Rest the remainder of the day
- You may watch television, read and use the computer
- Wear the eye shield all day today and tonight
- Use lubricating eye drops 3-4 times a day and when needed for scratching for several weeks
- Take over the counter Acetaminophen or Ibuprofen for mild discomfort
- If discomfort persists, take one tablet of Hydrocodone with food every four hours as needed for pain; then take a nap
- Take Dalmane as needed for sleep at bedtime
- Showers only for two weeks (no baths, pools, hot tubs, lakes, etc.) beginning tomorrow
- Eye makeup may begin in four days
- Avoid lifting greater than 25 pounds for two weeks
- No rubbing or scratching eye for 3-4 months
- One Day Post-op Appointment: __________
- Bring your post-op bag and its contents to each eye surgery

#### Is It an Emergency? 770-394-4000
Call the office if you experience:
- Deep, boring pain in the eye that is not improved with pain medication
- Nausea and/or vomiting
- Appearance of dense, floating specks
- Bright flashes of light
- “Curtain” effect off to the side
- Sudden, dramatic change in your vision

#### Eye Drop Instructions
Wash hands before administering drops. Wait at least one minute between each drop!

<table>
<thead>
<tr>
<th>Eye Drop</th>
<th>Days 1-10</th>
<th>Breakfast, Lunch, Dinner, Bedtime</th>
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<th>Days 1-10</th>
<th>Breakfast &amp; Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Generic Polytrim</td>
<td>4 times a day</td>
<td>Prednisolone Acetate</td>
<td>4 times a day</td>
<td>2 times a day</td>
<td>Nevanac</td>
<td>STOP on Day 11</td>
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<tr>
<td>Trimethoprim Sulfate &amp; Polymyxin B Sulfate</td>
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</table>
Generic Polytrim is an antibiotic medication for the eye.

Prednisolone is a steroidal anti-inflammatory medication for the eye.

Nevanac is a non-steroid anti-inflammatory medication for the eye.

Please remember to return your Patient Satisfaction Survey (in your surgery bag) at your NEXT office visit.