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

Cataract Surgery After Care
- 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 or when needed for scratchiness for several weeks. Chilling the drops may be very helpful.
- You may take over the counter Acetaminophen or Ibuprofen for mild discomfort
- If the discomfort persists, take one tablet of Hydrocodone with food every four hours as needed; you may then take a nap
- You may take Dalmane as needed for sleep at bedtime
- Please take Showers only for two weeks. No swimming or use of hot tubs for 2 weeks, beginning day of surgery
- Eye makeup may begin in four days
- Avoid lifting greater than 25 pounds per hand for two weeks
- No rubbing eye for 2-3 weeks
- One Day Post-op Appointment: __________
- Bring your post-op kit and its contents to each eye surgery

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

*Remember to use lubricating drops 3-4 times a day for several weeks AS NEEDED

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<tr>
<th>Generic Polytrim</th>
<th>Lotemax</th>
<th>Ilevro</th>
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<tbody>
<tr>
<td>Trimethoprim Sulfate &amp; Polymyxin B Sulfate</td>
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<tr>
<td><strong>Start the day of surgery:</strong> Days 1-7</td>
<td>4 times a day Breakfast, Lunch, Dinner, Bedtime</td>
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<tr>
<td>Day 8</td>
<td><strong>STOP on Day 8</strong></td>
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<td>2 times a day for an additional 4 weeks Breakfast &amp; Dinner</td>
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