

Cataract Surgery Postoperative Instructions

Day of Surgery:

Begin with clear liquids and advance to regular diet with bland foods
Quiet activity

What to expect:

There will be a patch and shield over the operative eye
Leave the patch and shield in place until seen in the office

Caring for the eyes:

After the patch is removed at the postoperative visit
 Use medications as directed
 Wash your hands prior to instilling eye drops or ointments
 Do not rub the eyes
Tape the metal shield over the eye at all times for the first week
Tape the metal shield over the eye at night during the second postoperative week

Restrictions:

No swimming for two weeks
Avoid tap water in the eye
Avoid dusty dirty areas (dust, sand, dirt, mulch, etc.)
No physical exertion for two weeks (running, jumping, playing, lifting)

Call if any of the following occur:

Persistent vomiting
Fever (over 101)
Increasing or thick drainage from the eye
Increasing pain
Decreasing vision

The physician on call can be reached 24 hrs/day at (865) 521-7998 (press 0 when prompted)

Postoperative Medications:

Week 1:

Prednisolone (pink top) four times daily
Tobradex (light pink top) four times daily
Atropine (red top) twice daily
Tobradex ointment (tube) at bedtime

Week 2: Continue drops and ointment as week one

Prednisolone (pink top) four times daily
Tobradex (light pink top) four times daily
Atropine (red top) twice daily
Tobradex ointment (tube) at bedtime

Week 3: Begin steroid taper

Discontinue Tobradex drops (light pink top) and ointment (tube)
Prednisolone (pink top) three times daily
Atropine (red top) twice daily

Week 4:

Prednisolone (pink top) two times daily
Atropine (red top) twice daily

Week 5:

Prednisolone (pink top) one time daily
Atropine (red top) twice daily