



POST-OPERATIVE CATARACT INSTRUCTIONS

Please follow all the instructions below:

- NO PUSHING, RUBBING OR DABBING AT THE OPERATIVE EYE
- DO NOT REMOVE THE EYE PATCH: (It will be removed when you return for your post-operative appointment.)
- AFTER THE PATCH IS REMOVED USE:
OFLOXACIN: AS DIRECTED
PREDNISOLONE: AS DIRECTED

- Please keep operative eye shut until post-operative visit when patch is removed.
- Continue taking your regular medications. You may take Tylenol for discomfort if needed.
- Continue previous diet.
- You may bend over to tie your shoes.
- Avoid strenuous activity such as heavy lifting, pushing or pulling, or exercise for 5 days. You may go walking after the patch is removed.
- No driving until cleared by the doctor.
- Do not drink alcohol on the day of surgery.
- No dental work for 2 weeks.
- Avoid water in eye for 1 week.
- Avoid washing hair for 1 week.
- No eye make-up for one month.

YOUR POST-OPERATIVE APPOINTMENT WILL BE IN:

_____ Barstow
_____ Eastvale
_____ Hesperia

_____ Rancho Cucamonga
_____ Temecula
_____ Upland (downstairs)