

KEVIN M. MILLER, M.D.

**POSTOPERATIVE INSTRUCTIONS FOLLOWING
CATARACT SURGERY**

Now that your cataract surgery is over, we want to make every effort to ensure a good outcome. Follow the instructions on this sheet for the next 24 hours to minimize the risk of complications.

IF YOU HAD TOPICAL ANESTHESIA:

1. **WEAR EYEGLASSES** – Wear the sunglasses provided in the kit on your way home from the hospital. They will help reduce the light sensitivity caused by your pupil being dilated. Your pupil will probably remain dilated for the rest of the day. You must wear glasses at all times, except bedtime, to protect your operated eye from accidental injury. You may wear clear lenses or your old prescription lenses indoors. If you wear prescription lenses, expect the prescription to have changed. It will not hurt the eye that just had surgery to wear an old or incorrect prescription.
2. **WEAR THE EYE SHIELD AT BEDTIME** - When you go to bed, remove your glasses and tape the eye shield you were given in the operating room (or the one provided in your eye care kit) over your operated eye. Make sure that the shield rests on the bones of your cheek and forehead and does not press into the eye socket. It usually takes 2-3 pieces of tape to hold the shield in place. There should be a roll of tape in your eye care kit.
3. **DO NOT RUB YOUR EYE** – You can remove debris in the corners with a clean finger as long as you do not touch the eye.
4. **BEGIN USING THE EYE DROPS** - You should have 2 bottles of eye drops, Ciloxan and Econopred Plus. Ask one of the nurses to put in one drop of each before you leave. You will be using each drop 4 times a day. Put the Ciloxan in first, wait 5 minutes, then put in the Econopred Plus. Shake the Econopred Plus well. Be careful not to touch the tips of the bottles to your eye or eyelids as this might contaminate the bottles.

IF YOU HAD INJECTION ANESTHESIA:

1. **DO NOT REMOVE THE EYE SHIELD** - Leave the eye patch and shield on until someone in Dr. Miller's office removes it tomorrow morning.
2. **POSTOPERATIVE MEDICATIONS** - Bring the eye care kit and eye drop medications with you to Dr. Miller's office tomorrow morning. Do not put any eye drops in today or tonight. If you are given any pills to take, follow the instructions on the pill bottle.

INSTRUCTIONS FOR ALL PATIENTS:

1. **DO NOT BEND YOUR HEAD BELOW YOUR WAIST** - The pressure in the operated eye goes up if your head is placed below your waist. Try also to avoid excessive straining and coughing.

(over)

2. **DO NOT LIFT ANYTHING HEAVY** - Lifting heavy objects raises the pressure in the operated eye.
3. **EYE PAIN** - Most patients do not experience significant eye pain following cataract surgery. However, you should expect to have some irritation, foreign body sensation, or itching the first night. This is normal. If you do experience any pain or discomfort, you may wish to take 1 or both of the Tylenol tablets in your eye care kit.
4. **BATHING** - You may take a bath today, but avoid showering or getting your head wet. Do not let any water get into your eye. After your first postoperative visit you may take a shower.
5. **DRIVING** - Do not drive an automobile for the next 24 hours. Even though you may feel that your vision is adequate to do so, your reflexes will not be sufficiently adjusted to make it safe. You should be escorted home from the hospital and back to Dr. Miller's office for the follow-up examination tomorrow morning.
6. **SLEEPING** - You may sleep on either side tonight. The eye shield will protect you from inadvertently rubbing your eye or pushing a pillow into it.
7. **ACTIVITIES** - You should avoid all strenuous activities for the next 24 hours. Do not engage in any sporting activities, and avoid all activities that might result in eye injury. You may walk around your home, eat or drink whatever you like, watch television, listen to the radio, do light chores, and even read.
8. **POSTOPERATIVE VISIT** - Your first postoperative visit with Dr. Miller will be tomorrow morning. Please bring the eye care kit and eye drops with you.
9. **EMERGENCY** - If you have any emergent concerns, call our office at (310) 206-9951. If the emergency occurs after normal working hours, Dr. Miller's answering service will receive and handle your telephone call.

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