



Post-operative Instructions After Cataract Surgery

Prednisolone Acetate 1% - Shake well before using.

Put 1 drop in the operated eye 4 times a day for 2 weeks, then 2 times a day for 2 weeks then stop

Polytrim (Bacitracin Zinc and Polymyxin B Sulfate) (antibiotic)

Put 1 drop in the operated eye 4 times a day for 1 week, then stop

RESUME any other eye drops you may have been using such as glaucoma drops.

For the first few days after surgery, you will be using two (or more!) different eye drops. Please wait at least a few minutes between using each of the drops (it does not matter which eye medication you use first). Also, close your eyes for a couple of minutes after placement of any eye drop to help it absorb better. It is normal for the eye to feel a bit scratchy at times and you may use artificial tears 4 times a day as needed.

For the first week after surgery, place the eye-shield over the operated eye at night. You may use any adhesive tape that will keep the eye-shield on.

Avoid washing your hair for 48 hours to keep water out of the operated eye. Avoid any strenuous activity, heavy lifting, or swimming for the first week after surgery. You should expect the vision to slowly improve over the next several weeks. By the second week after surgery you should be able to resume all your normal activities. I would be pleased if you would take a moment to send me an e-mail via KP.org or leave a message for me at the number below to let me know how things are going- you should be seeing well and the eye comfortable during the second week. If not, please let me know- I will want to see you in the office!

Most patients resume driving within a few days after surgery. Of course, you must make a judgment for yourself about your vision. Please do not take any unnecessary risks! It is ok to travel and fly, although you should be somewhere you can readily access KP for care if needed for the first 7-10 days after surgery in the unlikely event of any complications.

Eye infection after surgery is rare but serious. If you have significant decrease in vision (compared to the first day or two after cataract surgery), increasing redness of the eye, increased discharge or significant pain lasting over 30 minutes then this is an emergency and you need to be seen. Please call ahead to the eye clinic then come to the office during business hours or go to the emergency department after hours and identify yourself immediately as having a surgical problem for the on-call eye doctor to see you.

If you have any questions or concerns after surgery, please call 510-675-2020 for Union City and 510-248-3030 for Fremont.

We will typically arrange a follow-up with your optometrist in about 1 month for your new eyeglass prescription. In the meantime, if you wish, you may go to our Optical Store to buy over-the-counter reading glasses or you can use your old prescription glasses until your optometry appointment if you are still comfortable wearing them.

Thank you for choosing and trusting KAISER PERMANENTE for your care.

Wishing you the best of health,

Your ophthalmologist and the eye care staff