

Instructions After Cataract Surgery



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Medications

1st week after surgery: Use both Zymar and Prednisolone drops 4 times a day (only in the eye that had surgery). Close your eye for a minute after putting in a drop and wait 5 minutes between the two medications. The Prednisolone drops should be shaken about 10 times before each use.

2nd week after surgery: Stop Zymar, continue to use the Prednisolone drop 3 times a day.

3rd week after surgery: Use the Prednisolone drop twice a day.

4th week after surgery: Use the Prednisolone drop once a day.

Follow up

You should have a follow-up appointment with your optometrist approximately 4 weeks after the surgery. You may wear your current prescription or reading glasses until that visit.

Activities

1. Tape the shield over the operated eye for 1 week.
2. Avoid strenuous activity or heavy lifting (over 20 lbs) for 1 week.
3. Avoid swimming for 2 weeks after surgery.
4. Avoid rubbing or pressing your operated eye.
5. You may resume driving within a day or two after surgery if you are comfortable with your vision, but please do not take unnecessary risks!

Things to watch out for

Eye infection after cataract surgery is a rare but serious problem. If you experience a significant decrease in vision, notice new floaters or flashes of light, or increasing pain and redness please call (650) 299-2111.

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