





5th WEEK	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
 PRED-GATI-NEPH	○	○	○	○	○	○	○
 ARTIFICIAL TEARS	○○○	○○○	○○○	○○○	○○○	○○○	○○○
6TH WEEK	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
 PRED-GATI-NEPH	○	○	○	○	○	○	○
 ARTIFICIAL TEARS	○○○	○○○	○○○	○○○	○○○	○○○	○○○

ACTIVITIES:

- A. Avoid heavy lifting or straining for 2-3 days (no more than 50 pounds).
- B. You may resume driving the day after surgery.
- C. Resume your regular medications and diet unless otherwise instructed.
- D. No swimming or hot tubbing for 2 weeks after surgery.

PRECAUTIONS:

- A. Do not rub the eye for one month.
- B. Do not wear eye makeup for 10 days after surgery.
- C. Wear solar shields (sunglasses) when outside in the sun as needed.
- D. Do not drink alcoholic beverages, including beer, for 24 hours after surgery. Alcohol enhances the effect of anesthesia and sedation.
- E. Due to the effects of anesthesia, do not drive or operate machinery or power tools for at least 24 hours after surgery.

WHAT TO EXPECT:

- A. After surgery the doctor may choose to patch your eye for comfort. The patch may be removed after 2 hours and you can start your drops at this time.
- B. Remember that people vary as to vision in the operative eye after cataract surgery. In general, vision improves week by week. As your eye is healing, you will notice your vision changing. It is normal to have blurred vision for a varying period and possible double vision for a day or more after surgery. Floaters are commonly seen. You may see silver streaks or black streaks or rings that will gradually disappear.
- C. Glasses may be changed 3 to 5 weeks after surgery.
- D. Do not be concerned if you feel a slight scratchiness in the operated eye. This is normal. You may use artificial tears as needed for scratchiness, in addition to the scheduled tears.
- E. It is normal for your eye to feel blurry with glare and halos, the drops to burn, and the pupil to be dilated for the first few days. You may notice a white spot on your eye when you retract your lower eyelid. This is the medicine we injected at the end of surgery
- F. It is NOT normal to experience redness, swelling, aching pain, or decreasing vision.

IN THE EVENT OF AN EMERGENCY:

- 1.) Pain not relieved by oral medications 2.) Loss of vision 3.) Temperature above 100 degrees or severe chills
- 4.) Persistent nausea or vomiting 5.) Excessive drainage 6.) Other serious problems

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