



NORTH IDAHO
EYE INSTITUTE

POSTOPERATIVE INSTRUCTIONS

FOR CATARACT SURGERY

1. Leave eye patch and metal shield in place until you see doctor tomorrow.
2. Try not to lie on the operated side for the first night.
3. You may be up and about at home. Avoid strenuous activities. Avoid bending, stooping or lifting until you see the doctor tomorrow.
4. Avoid swimming, hot tubs or getting your eye wet for 2 weeks. You may shower, but keep your eye dry.
5. Take one or two Tylenol, Aspirin, or Ibuprofen every four hours as needed for pain.
6. If you have significant pain, please call the Eye Institute day or night at
667-2531
7. Continue taking your regular medications.
8. Use caution as you may be at increased risk of fall or dizziness due to medications you may have been given.
9. Other instructions _____.
10. Your appointment is tomorrow at _____.
Please check in upstairs at the North Idaho Eye Institute.
11. Bring your eye drops to your appointment tomorrow.

Date _____ **Patient Signature** _____