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How can you achieve the best cataract surgery recovery?

Eye drops are prescribed to help prevent infections and control postoperative inflammation. Proper application of the prescribed eye drops is the most important thing you can do to prevent complications after surgery and speed the recovery of your visual acuity. Make sure you use these eye drops exactly as prescribed, do not use them more often than prescribed by your doctor.

Antibiotic eye drops help the outside of the eye and the actual incision in your eye from becoming infected. Eye infections after cataract surgery are rare but can be very serious and need to be addressed immediately.

Anti-inflammatory eye drops decrease postoperative discomfort, reduce inflammation, and decrease the possibility of swelling of the retina. Uncontrolled inflammation may lead to serious side effects. A favorable outcome after cataract surgery depends on proper control of the inflammatory response induced by cataract surgery.

Reminders:

- ✓ Wash hands with soap and water before instilling drops
- ✓ Shake drops before using
- ✓ Do not squeeze the bottle. The drops come out very easily. Simply tap on the bottom with one finger and a drop should easily dispense.
- ✓ Close your eyes for 1-2 minutes after instilling each drop

If you've never used eye drops, it may take practice to get them into your eye as the natural reflex is to blink to avoid the drops. The goal is to have the drop land anywhere on the exterior surface of the eyeball, then gently close your eye. Eye drop instillation is easiest if you either lie down or tilt your head back and pull your lower lid down to help catch the eye drop. Don't worry if you accidentally apply several drops, it won't harm the eye. If you think you missed your eye, it is okay to apply another drop.