POST CATARACT SURGERY or TOPICAL ANESTHESIA
Discharge Instructions for the First Night

Your doctor is:  
____ Dr. Steinert  
____ Dr. Gaster  
____ Dr. Farid  
____ Dr. Garg  

*ALWAYS WASH YOUR HANDS BEFORE CARING FOR YOUR EYE*

**TODAY:**

1. Vigamox (Tan Top)  
2. PredForte (White Top)  
3. Acular LS (Ketorolac, Voltaren, Diclofenac) (Gray Top)

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<th>TAN</th>
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- ALWAYS WAIT 5 MINUTES BETWEEN EACH EYE DROP (the order does not matter)
- Re-apply plastic or metal eye shield (no gauze pad) before you go to bed.

**TOMORROW:**

- Continue the same eye drops – 4 times a day each until you see your doctor.

Your post-operative appointment is scheduled tomorrow at _____ am / pm

☐ Pavilion II, UCI Medical Center  
☐ Gottschalk Medical Plaza, Irvine. (Ask for a map if you need directions)

*Bring blue medication bag and all drops with you to your appointment.

**GENERAL INSTRUCTIONS**

- DO NOT bend from the waist or lift any objects greater than 10 pounds.
- DO NOT sleep on the operative side for the first 24 hours
- DO NOT shower until after your first appointment tomorrow.
- YOU MAY resume your usual schedule of medicine /pills and regular diet.
- YOU MAY read, watch TV, take walks, climb stairs.
- YOU MAY brush your teeth, comb your hair, shave.

**You have received a sedative that may stay in your system for the next 6-12 hours. DO NOT drive, drink alcohol, or make any legal binding decisions today.**
YOU CAN EXPECT THE FOLLOWING:

- Your vision may fluctuate—this is normal.
- You may have some discomfort or scratchiness in your eye.
  - You may use Tylenol or Ibuprofen (Advil/Motrin) as directed on the bottle.
- You may have some redness in the white of your eye.
- You may have double vision.
- Your eyelid may have some drooping.

CALL YOUR DOCTOR AT 949-824-2020 IMMEDIATELY IF YOU EXPERIENCE:

- Severe, prolonged pain not relieved by Tylenol or Ibuprofen
- Persistent nausea or vomiting
- Any bleeding or abnormal drainage from the eye
- Temperature greater than 100 F
- Any sudden loss of vision

If you do not receive a call back, proceed to the Emergency Room at UCI Medical Center, Orange

EYE CARE:

1. Use the sunglasses for comfort and protection outdoors until light sensitivity subsides.
2. If there are crusts or secretions on the eyelids you may remove them by wiping gently with a cotton ball or clean wash cloth moistened with sterile ocular irrigation (saline) solution from the drugstore.
   **Do Not Rub or Put Pressure on the Eye.**
3. For one Week:
   - Wear the plastic protective eye shield at bedtime.
   - Avoid sleeping on the side of the operated eye or face down.
   - Do not bend or stoop with the head below your waist.
   - Do not strain in any way (including bowel movement).
   - Do not lift anything heavier than 10 pounds
   - Avoid any blow to the head or eye.
   - Do not allow anything that might carry germs into the eye (i.e. perspiration or shower water).
4. All daily activity other than strenuous athletics may be undertaken after the first postoperative day.
5. Athletics may be resumed after one week but the operative eye must be protected by safety glasses against a direct blow. Safety glasses for sports are strongly advised for protection of both eyes at all times for the rest of your life.
6. Non-strenuous sexual activity is permitted after the first postoperative day.
7. If you need instructions on applying eye medications and cleaning the eye, do not hesitate to ask one of our nurses or technicians.