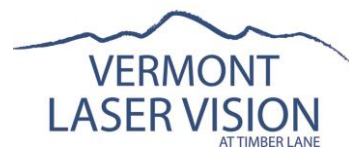




Gregory McCormick, MD • Cataract, Cornea & Refractive Surgery
Katherine Lane, MD • Cosmetic, Oculofacial Plastic & Reconstructive Surgery
David Shiple, MD • Cataract, Cornea & Comprehensive Ophthalmology
Thomas Cavin, MD • Cataract Surgery
Pete Spittelie, MD • Eye Physician & Surgeon
Suzanne Corbitt, OD • Primary Eye Care



Cataract Surgery Postoperative Instructions

Medications:

- If you have any discomfort after surgery, you may take Tylenol. If severe or persistent pain, please call the office.
- If you were instructed to stop taking Aspirin or Coumadin before surgery, you may resume taking these medications, in addition to your other usual medications.
- Continue with your regular eye drops, in both eyes, unless otherwise instructed.
- Use the eye drops as prescribed until otherwise instructed.

Activity (For Two Weeks):

- Keep the eye dry and clean.
- You may bathe the day after surgery. When bathing, keep water out of the operative eye.
- You may do normal bending, but avoid staying in an inverted position for an extended period of time.
- Avoid lifting that causes you to strain, hold your breath, or become red in the face.
- Avoid gardening or lawn care.
- Avoid dirty, dusty and smoky environments.
- No pools, hot tubs or swimming to reduce the risk of infection.
- Resume driving only when advised by your eye doctor and when you feel confident and safe.
- Some exercise may be permitted during the recovery period. Ask your doctor if you have questions about acceptable activity and exercise.

Post-Operative Care (For Two Weeks):

- Do not rub or bump the eye.
- Wear the eye shield at bedtime and when napping.
- Wash your hands before touching your eye. Gently blot any tears without pushing on the eye. Use a fresh tissue every time and never use the same tissue for your nose and eye.
- Moisten a cotton ball, Q-tip or clean washcloth to gently remove any crusting on your lashes.
- Do not wear eye makeup.
- Your eye will be sensitive to light and glare; wear your sunglasses as needed for comfort.
- It is normal for your eye to feel scratchy and irritated and for the vision to fluctuate somewhat. It is **not** normal to have severe pain or a significant decrease in vision.
- Call with questions or concerns: 802-864-2010

Please see Post-Operative Eye Care Instructions on Reverse Side 



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Appointment Date: _____

How to Care for your Eyes after Surgery

- ❖ Wash your hands before instilling eye drops
- ❖ Wear the eye shield at bedtime and during naps for 2 weeks after surgery

Start Date Right Eye: _____

Start Date Left Eye: _____

Eye Drop Instructions:

Week 1: Pred/Gati/Brom

- 1 Drop in the operative eye 4 times a day

Week 2: Pred/Gati/Brom

- 1 Drop in the operative eye 3 times a day

Week 3: Pred/Gati/Brom

- 1 Drop in the operative eye 2 times a day

Week 4: Pred/Gati/Brom

- 1 Drop in the operative eye 1 time a day

Additional Drops:

1. _____ one drop in the _____ eye _____ times a day
2. _____ one drop in the _____ eye _____ times a day
3. _____ one drop in the _____ eye _____ times a day
4. _____ one drop in the _____ eye _____ times a day
5. _____ one drop in the _____ eye _____ times a day