

**NORTH FLORIDA SURGERY CENTER
CATARACT SURGERY DISCHARGE INSTRUCTIONS**

ACTIVITY & RESTRICTIONS	• Rest, resume normal, non-strenuous activities after surgery. Avoid bending at the waist to pick up objects or lifting anything heavy for 2 days. • No driving or operating machinery until released at your post-op visit. • You may shower, shave, and wash your hair, but avoid getting water in the eye for the first week. • You may read, watch TV, or use a computer as desired. • It is ok to sleep on the side of the operative eye.
REGULAR MEDICATIONS	• Continue regular medications • You may take Tylenol as directed for pain or any medication you would normally take for minor pain.
POST-OP EYE DROPS	_____ and _____ • Put drops in the _____ eye once an hour while awake. • Lift the shield from the bottom. • Place 1 drop in the eye. • Wait 5 minutes, and then put 1 drop in the eye from the other bottle. It does not matter which eye drop you use first, but wait 5 minutes between each drop.
DIET	• You may resume the same diet as before surgery.
HOW TO CARE FOR MY EYE	• Wash your hands before using the drops. • Do not remove the shield. When putting drops in your eye, lift the shield from the bottom and replace the shield when done. • It is normal to experience a sandy, gritty feeling in the eye after surgery. This is temporary. • Do not rub your eye. Keep your hands away from the operative eye. • Wear sunglasses to protect your eyes from the sunlight and prevent eye discomfort.
WHEN TO CALL	Call Dr. Bodendorfer/Dr. Singleton at (386) 755-2785 if any of the following occurs: • Increased pain • Decreased vision • Increased redness • Increased discharge or bleeding from the eye
POST-OP APPOINTMENT	Return to Columbia Eye Clinic on: _____ / _____ / _____ at _____ o'clock ____am ____pm. at the _____ office. Bring your blue NFSC bag with you to the post-op appointment.

Patient/Parent or Guardian

Date

Person Escorting Patient

Date

Discharge Nurse/Physician

Date