

# Advanced Eyecare of Orange County

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## CATARACT SURGERY PRE-OPERATIVE INSTRUCTIONS

- ❖ Drink plenty of fluids the day before surgery. **NO FOOD OR DRINK AFTER MIDNIGHT, THE NIGHT BEFORE SURGERY.**
- ❖ Take your heart and blood pressure pills the morning of surgery with just a SIP of water. **DO NOT TAKE ANY DIABETES MEDICATIONS.**

## POST-OPERATIVE INSTRUCTIONS

- ❖ **DO NOT RUB YOUR EYE.**
- ❖ Remove your eye shield 2 hours after surgery, or upon returning home.
- ❖ Light activity, no heavy lifting, or strenuous activity for the first 2 weeks.
- ❖ You may take Tylenol for any discomfort.
- ❖ You may resume any medications you were taking from other doctors as directed.
- ❖ On the day of surgery, your vision will be blurry and not clear. It should improve each day, especially over the first week.
- ❖ After the shield is removed, you will use **at least two different eye drops:**
  - Prednisolone Acetate 1 % (steroid drop to decrease inflammation)**  
**Shake bottle, use one (1) drop four (4) times each day.**
  - Vigamox (antibiotic) Use one (1) drop four (4) times each day.**
- You may also be prescribed:**
  - Acular LS (non-steroidal anti-inflammatory)** It is normal for this drop to burn when instilling into your eye.  
**Use one (1) drop four (4) times each day.**
- ❖ Use the eye shield taped over the eye when sleeping or napping for the first (1) week after surgery. No heavy lifting, no bending over. You should sleep on the opposite side that you had surgery or on you back for 1 week.
- ❖ You may take a shower or a bath. It is okay to wash your hair, but do not get dirty water into your eyes.
- ❖ You may read, write or watch television.
- ❖ You will have a scheduled appointment to see Dr. Doan, the day after surgery, one week after surgery and at one month post-op.
- ❖ You most likely will need an eyeglass prescription approximately 1 month after surgery.

**If you have unusual eye pain, discharge or marked change in your vision, please call Dr. Doan immediately to report these symptoms.**

**If you have any concerns, please do not hesitate to ask or contact Dr. Doan.**