



St. Cloud Eye Clinic

COMPREHENSIVE EYE CARE FOR OVER 80 YEARS

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HOME CARE INSTRUCTIONS FOR CATARACT SURGERY

What to expect:

Your vision may be cloudy and may fluctuate the first few days after surgery. You may also experience mild discomfort and/or a “scratchy” feeling. If all goes well, your vision will start to improve within a few days. Full healing might take about 4 weeks. Most patients will need a different prescription in their glasses following cataract surgery and this will be prescribed during that 4 week postoperative period.

Dressing care:

If eye is patched:

- Keep intact until you return to clinic.
- Remove when blink reflex returns; start drops.

If clear shield only:

- Remove the morning after surgery
- Wear at night, during baths, showers, or hair appointments for one week to protect the eye.

Specific eye care:

1. Use eye drops according to instruction sheet. Continue to use all other eye medication as previously prescribed.
2. Please resume medications that have been prescribed by another physician. Do not make any changes to those medications unless directed by the prescribing physician.
3. Use warm water on cotton balls or a clean washcloth to gently remove discharge from the eyelids every morning as necessary to keep your eyelids clean.
4. Aspirin, Tylenol, or Ibuprofen may be used as needed for mild discomfort.
5. You may wear dark glasses out-of-doors if the bright light bothers your eye.

Activities / Restrictions:

1. You may be up and about immediately following your surgery. Reading, computer use, and watching TV are permitted.

Patient/Escort Signature: _____

POST OPERATIVE VISIT TO CLINIC IS:

Date: _____ Time: _____

2. It is okay to bend over to tie your shoes or to pick up objects off the floor.
3. Do not rub your eye at all for the first week; then never rub your eye forcefully.
4. Do not lift greater than 50 pounds the first week following your surgery.
5. Due to your IV sedation and / or possible limited vision, do not drive, operate any machinery, drink alcoholic beverages, or make any important decisions in the next 24 hours.
6. No eye make-up for 1 week after surgery.
7. No swimming for 4 weeks after surgery.

NOTIFY YOUR PHYSICIAN IF ANY OF THE FOLLOWING OCCUR:

1. If you have severe eye pain or vision becomes worse (increased cloudiness or increased floaters).
2. Elevated temperature, increased redness and / or persistent pus-like eye drainage occurs.
3. Nausea, vomiting, or excessive coughing.

If you have any problems or concerns, notify your physician at (320) 251-1432. The St. Cloud Eye Clinic is open 8:00a.m.-5:00p.m. Monday-Friday. After office hours, an eye surgeon may be reached at (320) 654-2947.

Contact your local hospital Emergency Room if you require medical attention and cannot reach your physician.

St. Cloud Center for Ophthalmic Surgery’s telephone number is (320) 258-6620. Our business hours are 6:30 a.m. - 3:00 p.m. Monday, Tuesday, Wednesday and Thursday.

For more information, visit our website at:

www.stcloudeyesurgery.com

Thank you for utilizing St. Cloud Center for Ophthalmic Surgery!

Nurse Signature: _____



HOME CARE INSTRUCTIONS FOR CATARACT SURGERY

How to use your eye drops after cataract surgery

- Apply to operated eye, starting today.
- Please space drops 3 -5 minutes apart. (Drops may sting briefly on instillation.)
- Wash hands before instilling drops.
- Do not touch dropper bottle to eye.



STEROIDAL ANTI-INFLAMMATORY PREDNISOLONE 1% (Reduces Swelling)	ANTIBIOTIC OFLOXACIN 0.3% (Prevents Infection)	NON-STEROIDAL ANTI-INFLAMMATORY ACULAR or KETOROLAC (generic) (Reduces Swelling)
(1 drop) (shake) 4 times a day for 4 weeks or until the bottle is empty, whichever comes first.	(1 drop) 4 times a day for 4 weeks or until the bottle is empty, whichever comes first.	(1 drop) 4 times a day for 4 weeks or until the bottle is empty, whichever comes first.