

Total EyeCare and Aesthetics
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Cataract surgery post operative instructions:

Congratulations! You are on the path to great vision!

These are your guidelines to follow after your surgical procedure:

1. You should be using eye protection for one week after surgery. You may choose to:
 - a. Wear the sunglasses in the kit provided (outdoors)
 - b. Wear your own glasses
2. You will sleep with the clear plastic eye shield provided for one week after your procedure.
 - a. There is no need for any bandage or gauze under the eye shield
 - b. Tape will be provided
 - c. Please inform the office if you have any tape or adhesive allergy
 - d. Please inform the office if you have any pets that sleep on your bed
3. Do not swim for two weeks after surgery
4. Do not do heavy or strenuous work or lifting for two weeks after surgery
5. Do not wear eye makeup for one week after surgery
6. Do not drive for 24 hours after surgery
7. If you desire to return to regular workouts or the gym, please discuss this with the doctor. **NO GOLF OR PICKLEBALL** for two weeks after surgery.
8. You must use your post operative eye drops as instructed. These drops help to prevent post-operative infections and inflammation. If you need a refill, please do not wait until the last moment. Please call Pam at 156-681-2220.
9. Please notify the office immediately if you experience nausea or vomiting or discomfort the requires more than a Tylenol. If the office is closed, please call the emergency answering service (the phone number is at the end of the voicemail message) or text Dr. Becker on the cellphone number provided to you before surgery.