After Your Cataract Surgery

What is a cataract?
A cataract is a clouding of the natural lens. Over time, this cloudiness makes images look blurred or fuzzy.

Medications
- You may keep taking your regular medicine, except the following glaucoma medications:
  - Travatan (travoprost)
  - Travatan Z (travoprost)
  - Lumigan (bimatoprost)
  - Xalatan (latanoprost)
These glaucoma medications need to be held for the next 10 to 14 days after surgery as told by your doctor.
- You need to take the eye drops as told by your doctor.
- Put in each drop by gently pulling down the lower eyelid and looking up. Wait 3 to 5 minutes between drops.
- If you have any questions about your eye drops, please talk with your eye doctor at your follow-up visit the day after surgery.
- You should have enough eye drops for both eyes. If you do not, please call your doctor’s office.

Eye shield: The eye shield should be taped over the affected eye at bedtime for the first week after surgery to protect your eye from a bump or scratch while you sleep.

Sunglasses: Sunglasses may be used for your comfort. Use them outdoors as needed.

Diet: Resume your normal diet.

Vision changes
- This is variable and likely will change during the first few weeks after surgery.
- Typically, we will not have your glasses changed until three to four weeks after surgery.
- We suggest wearing your old glasses or sunglasses during this time for more protection of your eye.
**Activities**

- No strenuous activity, such as lifting over 25 pounds, snow shoveling, etc. for one week after surgery.
- No swimming for two weeks after surgery.
- You may stoop, bend, be outside, do light work, read or cook without damage to your eye.
- Your depth perception may be altered, so use extra caution when driving, going up stairs, etc.
- You may wash your hair, but try to keep soap out of your eye. If you accidentally get soap in your operative eye the first week after surgery, put one drop of the antibiotic drop in your eye.

**Healing**

- Your eye may be red and puffy, and double vision may be noted the first week.
- If the eye has a lot of crusty drainage, gently apply a clean washcloth soaked with warm water over the closed lids to loosen the drainage.
- Scratchiness, itching and change in your pupil are common.
- All of these symptoms are temporary and are likely to improve with time.

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After surgery, you may feel some pain, achiness or scratchiness. Call your doctor’s office if you have:

- **Severe or prolonged pain**
- **Decreasing vision, especially if your vision was better initially**

An eye doctor is on call 24 hours a day, 7 days a week and is available to answer questions. The number for the clinic is 920-457-4461