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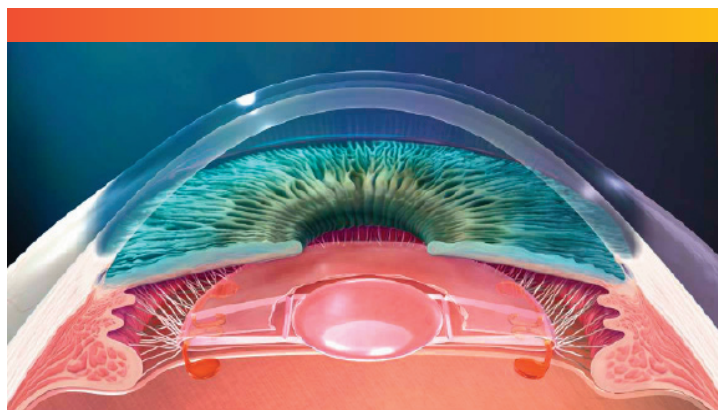
Now that the eye surgery is finished, we want to review how to care for your eye as it heals and to go over again the precautions you should take to minimize the risk of injury to your operated eye.

You will be using eyedrop medications in the operated eye to speed its healing and to prevent infection. Although the order of the eyedrops doesn't matter, please wait three minutes between each type of eye drop to allow absorption into the eye.

Eyedrops: Usually, we prescribe three kinds of eyedrops after eye surgery. The particular brands we select will depend primarily on your particular risk factors but we'll consider the cost of the medications and what may (or may not) be covered by your medical insurance.

Topical corticosteroid : This anti-inflammatory eyedrop must be shaken 30 times before each use. Gently pull down the lower eyelid, look up and place one drop into the gap between the lower lid and the eye. Use one drop four times a day until the bottle is empty—it usually lasts about four weeks.

Topical antibiotic: The topical antibiotic helps to prevent eye infection after surgery. Using the same technique described above, use one drop four times a day for one week.



Instructions After Cataract Surgery

Non-steroidal anti-inflammatory eyedrop: This medicated eyedrop helps to reduce discomfort after eye surgery and prevents inflammation, which can occur after surgery. The frequency of use depends on the brand, but it ranges from two to four times in the operated eye per day.

We will specify your eyedrops after surgery and demonstrate to you and your family how to take them properly.

Precautions:

There are some activities you should avoid for the first week after cataract surgery.

Avoid rubbing or pressing on the eye: When sleeping, use the eye shield we provide for three nights to make rubbing during sleep less likely.

Avoid lifting or straining: Lifting more than 20 pounds or straining to do push-ups, sit-ups or to move heavy furniture is potentially dangerous because it can put strain on the incision and cause the eye to leak fluid. This can lead to complications.

Avoid swimming, baths or hot tub use: Exposing your eye to dirty water may lead to eye infection after surgery. Showering is OK.

Other daily activities like walking, cooking, reading and gardening are not harmful; resume them as you feel comfortable doing so.