

Waterfront Surgery Center  
1540 N. Lindberg Cir., Wichita, KS 67206

Instructions for Patients Recovering From Cataract and/or Implant Surgery

- 1) **Bring ALL of your eye medications with you when you come to the office.**
- 2) Wear your seat belt while going home. **Do Not drive** until after you see the doctor at your follow-up appointment.
- 3) Rest and relax after surgery, but you may be up and around. Do not over exert yourself. No bending or lifting for three (3) days.
- 4) If you have a steristrip (tape) over the eye, you may remove it in 4 to 6 hours. Or you may leave it on until bedtime.
- 5) **You may experience foggy, blurry, or double vision** today and for the next few days following surgery. If the double vision bothers you today, you may re-tape the eye until bedtime.
- 6) You may wear your regular prescription glasses after surgery, as this will not be harmful. If you are more comfortable without your glasses, then that is okay as well.
- 7) Television and reading is permitted following surgery, unless your eye becomes sore or you get a headache; if this happens, move to a quiet place with dim light and relax with your head elevated. You may take over the counter pain medication as directed and repeat as directed. If you have nausea or vomiting and pain persists, call our office at (316) 334-1500. There is a 24 hour answering service at this number. Listen to the recording for instructions after office hours.
- 8) **AT BEDTIME:** place one drop of all three (3) eye medications in your eye 1 to 3 minutes apart, and tape the plastic shield over your eye. **You must wear the plastic shield for 7 nights.**  
**IN THE MORNING:** remove the plastic shield. Use one (1) drop of all three (3) medications four (4) times a day. More instructions will be given at your next appointment. **Bring ALL of your eye medications with you when you come to the office.**
- 9) The white of your eye may appear red when you take off your shield in the morning. There may be redness for the next several days. This is normal.
- 10) You may have a scratchy feeling in the eye for a few weeks. You may take an over the counter pain medication per the product directions.
- 11) You may take a shower/bath and wash your hair after surgery, but avoid getting excess water in the eyes.
- 12) Resume any medications you were taking from other doctors as directed when you get home.
- 13) You will be seen the day following surgery. Additional instructions for follow-up will be given at that time, and we will make your appointment with your optometrist for follow-up exams.
- 14) If you use **ANY glaucoma medications**, please continue to use them as directed even on the day of your surgery.

If you have any questions, please call the office.

After Hours:

**Non-emergent calls:** Please call your doctor's office at (316) 263-6273.

**Emergency calls:** Page your doctor at (316) 262-6262.

Patient Signature \_\_\_\_\_

Witness \_\_\_\_\_

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