**Dr. Giles’**

**Cataract Handout**

**Post-Operative Instructions**

**This form can also be found @**

**www.SurgeryWithDrGiles.com**

**Post-Operative Expectations:** Following surgery it is normal to have any combination of the below symptoms.

* Blurry vision—the blurriness should continue to improve with time and your post-operative eye medications
* Redness—It is common to have mild redness or even spots of blood on the white part of your eye; however, the redness should only improve and should not worsen
* Mild to moderate discomfort— eye pain/gritty, foreign body sensation—however, the pain should be controllable with acetaminophen/Tylenol and should not worsen

**Post-Operative Activity Restrictions**:

* Do NOT rub your operative eye.
* Eye protection (the provided clear shield/sunglasses or your old glasses) should be in place at all times during the day.
* Your eye shield should be taped in place over your operative eye prior to going to bed to prevent inadvertent eye rubbing while sleeping.
* You may shower but avoid getting soap/shampoo directly in the eye. Also, do not completely submerge face under water. No swimming for 2 weeks.
* Avoid strenuous activity, heavy lifting, bending at the waist to lift for at least 1 week.
* No eye make-up for 2 weeks.

**Precautions:** Please go directly to our Emergency Department if you experience any of the following:

* Severe pain and/or redness that is worsening after surgery and not relieved by over the counter acetaminophen/Tylenol
* Flashes of light, increased floaters, or a dark curtain/veil in your vision
* Fever of 101 degrees F or greater
* Persistent nausea or vomiting

**Follow-up Appointments:**

* Postoperative week #1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Postoperative month#1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Contact:** It has been an honor to be your surgeon. If you have any concerns, please feel free to call/text me @ (214) 385-9611

Bryant Giles, DO, CPT, USA

These tables are intended to help you keep up with your drop regimen. Please check mark each time you use each drop. Remember your drops are vital to your healing process and your visual outcome. Please bring this with you at each follow up appointment.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Vigamox****(Tan)** | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| Week 1 | o o o o | o o o o | o o o o | o o o o | o o o o | o o o o | o o o o |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Nevanac****(Gray)** | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| Week 1 | - | - | - | - | - | - | - |
| Week 2 | o o o | o o o | o o o | o o o | o o o | o o o | o o o |
| Week 3 | o o o  | o o o  | o o o  | o o o  | o o o  | o o o  | o o o  |
| Week 4 | o o o  | o o o  | o o o  | o o o  | o o o  | o o o  | o o o  |

\*Continue this medication 3x/day until the bottle runs out

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Pred Forte****(Pink)** | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| Week 1 | o o o oo o o o | o o o o o o o o | o o o o o o  | o o o o o o  | o o o o o  | o o o o  | o o o o |
| Week 2 | o o o  | o o o  | o o o  | o o o  | o o o  | o o o  | o o o  |
| Week 3 | o o  | o o  | o o  | o o  | o o  | o o | o o |
| Week 4 | o  | o  | o | o | o | o | o |

\*Shake well

I’d greatly appreciate if you took a few minutes to share your cataract surgery experience with others. Feel free to share anything you like! For example, you could answer any questions you had in the process or share what cataract surgery was like for you.

Use the link under “Patient Experiences” @ www.SurgeryWithDrGiles.com