



Eye Associates of Tucson

After Cataract Surgery Instructions

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- ◆ Follow your Post-Operative Instructions for your eye drop medications.
 - ◆ Blurry vision can be expected for the first few days.
 - ◆ Mild discomfort, sharp pain, aching, scratchiness, swelling or redness can also be expected. Use Artificial Tears as often as needed.
 - ◆ For light sensitivity, wear the sunglasses provided (or your own).
 - ◆ There are no restrictions for flying; however, we ask that you remain in town for the first week after surgery so that we are available to see you if any problems arise.
 - ◆ Wear the eye shield at bedtime for one week.
 - ◆ Avoid lifting objects more than 20 pounds, and strenuous aerobic exercise for the first week.
 - ◆ Avoid bending with your head below your waist, putting on socks and shoes during the first week should be done while sitting.
 - ◆ Avoid swimming and hot tubs for 2 weeks after surgery. You may wash your hair after surgery.
 - ◆ Avoid putting on eye makeup for the first week.
 - ◆ Severe vision loss is not normal. Should you experience severe pain, loss

of vision, bright flashing lights or sudden onset of nausea/vomiting please contact our office immediately 520-795-4202 East side or 520-888-6600 Northwest office.