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**POST-OPERATIVE CATARACT INSTRUCTIONS AND EYE DROP DOSING CALENDAR**  
**(generic drops)**

**SURGERY KIT:** The day you have surgery, you will be provided with a tote cataract kit which contains sunglasses (for your comfort and convenience), extra tape for your eye shield, and a card containing information about the artificial lens implant that was placed in your eye.

**MEDICATIONS:** Bottle #1 is an anti-biotic, bottle #2 is a non-steroidal anti-inflammatory (NSAID), and bottle #3 is a steroid. You will need to start using bottles #1 and #2 two days prior to surgery, and all three bottles the day of surgery (use one drop of each before coming in to the hospital, and three more times after you go home). Please wait 5 minutes between placing drops and use the provided worksheet to keep track of your dosing frequency.

**ARTIFICIAL TEARS (will be provided):**

**DO NOT RUB YOUR EYE if it feels scratchy or irritated** - use the artificial tear drops instead. They contain no medicine and you may use them as often or as little as you need for comfort.

**RESTRICTIONS: (Restrictions are for 1 week unless otherwise specified)**

- \* Avoid extended bending over or stooping
- \* Avoid lifting more than 10 pounds (about the weight of a gallon of milk).
- \* Avoid driving until the doctor says it's OK (most patients will get the all-clear from the doctor on the day of surgery or at the one day post-op visit).
- \* Avoid dirty, dusty, or smoky environments.
- \* Avoid lawn work or gardening **(THREE WEEKS)**.
- \* When washing hair, don't let dirty water run across the surgical eye.
- \* Avoid wearing makeup.
- \* Avoid swimming **(ONE MONTH)**.

**If you are having any problems after hours, call (269) 781-9822 or (800) 323-3622 and choose option 4 to reach the doctor on call.**

**\*If you are unable to get through, please try again in a few minutes as the doctor may be on the line with another emergency.**

