

INSTRUCTIONS AFTER CATARACT SURGERY

Your next appointment is on: _____ Time: _____ AM/PM

WITH: Dr. Jennifer Rahman
 Dr. Tyler Buffie

LOCATION: GEM Clinic: Unit 221-2025 Corydon Ave, Winnipeg
 Misericordia Health Centre – Eye Clinic on 2nd Floor
 Misericordia Health Centre – Ward on 3rd Floor

INSTRUCTIONS:

- Take your patch and/or shield off in about five (5) hours. Wear your shield at bedtime for one (1) week. Clean your shield daily with soap and water.
- Start your post-operative drops in about 5 hours. **CONTINUE** any glaucoma drops (unless otherwise indicated).
- If you have glasses or sunglasses, wear them to protect your eye during the day. This will not hurt your eyes. You will need to get your glasses adjusted by your optometrist in about 4 to 6 weeks after (your second eye) surgery.
- Take plain Tylenol for any discomfort.
- If you have **severe pain, loss of vision, nausea, vomiting or headache**, call Dr. Rahman's office at (204)992-4000. After hours call Misericordia at (204) 774-6581.

ACTIVITIES:

- DO **NOT** RUB your eyes.
- Stay out of direct sunlight, dusty environments, and avoid swimming for 1 week after surgery.
- Gently wash your face and avoid getting water directly into your operated eye for three (3) days. You may gently tap the eye with a warm, wet, clean tissue to remove debris.
- Avoid washing your hair for at least three (3) days after surgery. When you resume washing, avoid getting shampoo into your operated eye. Avoid eye make up for 1 week after surgery.
- Do NOT lift heavy objects or perform vigorous activities or exercise for 1 week (unless otherwise indicated).
- 1 week off work is recommended (longer for physically heavy work).
- Generally, you can resume driving 1 to 2 days after surgery (unless otherwise indicated).
- Vacations are not recommended 3-4 weeks after cataract surgery.
- Avoid dental appointments for 2 weeks

****PLEASE TURN OVER FOR DETAILED EYEDROP INSTRUCTIONS****



Dr. Jennifer W. Rahman – Eye Physician and Surgeon

Glaucoma & Eye Management Clinic

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EYE DROP INSTRUCTIONS AFTER SURGERY

- Start drops listed below about 5 hours after surgery.
- Wait at least 2 minutes between each drop.
- Dry your eye by gently tapping it with a clean tissue. **DO NOT PRESS ON YOUR OPERATED EYE.**
- Take drops in the **ORDER** they are listed.
- On the day of surgery, you may only be able to take 1 dose. Start the full regimen the next day.
- If you take eye drops for glaucoma, you may continue (unless otherwise instructed)
- Use over the counter lubricating drops as needed



1. **VIGAMOX**®: This is an antibiotic to prevent infection.

Put one (1) drop three (3) times per day for one (1) week in operated eye.

STOP on _____



2. **PRED FORTE**® (prednisolone 1%): This is a steroid to decrease the inflammation in the front of the eye and prevent scarring.

Put one (1) drop THREE (3) times per day for two (2) weeks in operated eye.

On _____, use TWO (2) times per day for one (1) week. On _____, use ONCE (1) daily in the morning for one (1) week, then **STOP** on _____



3. **NEVANAC**®: This is a non-steroidal anti-inflammatory (NSAID) to decrease the inflammation in the back of the eye.

Put one (1) drop three (3) times per day for 4 weeks in operated eye.

STOP on _____

For more information: www.gemclinic.ca