

## ***Expectations and Restrictions after Cataract Surgery***

**Physical activity should be limited for the first two weeks after surgery.**

- No rubbing the surgical eye.
- No water in the eye for 3 days.
- Showers are approved if no water gets in the surgical eye.
- No swimming or hot tubs for 1 week. After that, use goggles for 3 weeks.
- No lifting over 20 pounds for the first week.
- Avoid dusty and dirty areas for 1 week.
- If your doctor ordered an eye shield, follow their instructions on when to wear the eye shield.

### **What can I do between surgeries to see better with “uneven eyes”?**

After having surgery on one eye, your vision will not be ideal- we have some tips and tricks to get you by until your second eye surgery.

- Some patients will have the optical department remove the lens from their glasses on their surgical eye – leaving the nonsurgical eye corrected with glasses.
- Some patients wear their current glasses as they are.
- Some patients will go without their glasses all together and use +2.50 Over the Counter readers to get by.

Every patient is different. You may want to try a few of these options out to find what is a best fit for you in between surgeries.

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### **When can I schedule my next surgery?**

You may be able to choose your surgical dates for both eyes after your first meeting with the surgeon. Surgeries are usually scheduled 1-2 weeks apart. In some cases, your surgeon may wait to schedule the second eye surgery until you come in for your first eye post operative visit.

### **Why don't I have a 1-week post op scheduled for my second eye?**

After your second eye surgery you will not need to schedule a 1-week post op visit. The surgeon will decide at your 1-day post op visit when they want to see you next.

### **When to call us:**

It is normal to have mild pain, irritation, or a sandy feeling in the eye after surgery. You may take over-the-counter pain medication if needed such as Ibuprofen or Tylenol.

**Please call 616-949-2600 immediately if you have any of the following symptoms:**

- **Nausea**
- **Vomiting**
- **Increasing severe eye pain**
- **Decreasing vision**
- **Increasing redness**
- **Severe light sensitivity**
- **Any other concerns**

We have an answering service on call 24 hours/365 days per year, including holidays.