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**INSTRUCTIONS FOR AFTER CATARACT SURGERY**

**1 DAY AFTER SURGERY**

**Medications**: Use in the operative eye:

**OMNI drop THREE TIMES PER DAY IN THE OPERATIVE EYE**

**Bring all drops to all eye appointments!**

**Comments**:

It is normal to have some itching / scratching / irritation of the eye after surgery. Feel free to use preservative-free artificial tears as needed for any irritation.

***DO NOT RUB THE EYE!!***

***You may gently blot with a clean tissue after applying your drops***

**Restrictions**:

1. Wear the protective eye shield at night or while sleeping for the first week.
2. Avoid heavy lifting (nothing >15 lbs, approximate weight of a bag of groceries).
3. You may shower and bathe normally, but keep water out of the eye.
4. Do not bend below your waist or strain.

**Warning signs, CALL THE DOCTOR if you experience any of “the 4 P’s”:**

**Pain** that does not respond to Extra Strength Tylenol, gets worse not better

**Pinkness** of the eye that gets worse, not better with time

**Pus** or discharge from the eye that is thick

**Poor vision** or a decrease in your vision that is marked and sudden, possibly involves many new floaters, flashes of light, or a ‘curtain’ being pulled down over the vision

**You may notice some mild fluctuations of vision over the first few weeks, but overall, any pain and redness of the eye should slowly improve over the first week after surgery.**

Follow up in one week.

**VERY IMPORTANT: You should call 949-288-2382 at any time and ask for the eye doctor on call if you have any problems following surgery.**