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Eyesight Ophthalmic Services
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Somersworth, NH 03878
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99 US Rt 1 Bypass, Ste B
Kittery, ME 03904
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155 Borthwick Ave, Ste 200E
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INSTRUCTIONS FOLLOWING CATARACT SURGERY

Until you are seen by your surgeon at their Eyesight Ophthalmic office:

1. Please use 1 drop of your Imprimis Eye Drops at 12 pm, 4 pm, and 8 pm **TODAY in the operated eye**
2. **At bedtime, tape the shield over the operated eye.**
 - a. Eye protection is recommended outdoors (sunglasses or glasses) and at bedtime for **1 week**.
 - i. Daytime –glasses or sunglasses (no harm will come to you if you wear your “old glasses”)
 - ii. Bedtime/Naps – Eye Shield
 - iii. Light Adjustable Lens patients should use the sunglasses supplied during surgery.
3. You can bathe, shower, shampoo hair, dry your hair, BUT please do not let water go directly in your eye.
4. **NO swimming** underwater for 3 weeks.
5. **NO eye makeup** for one week.
6. **NO lifting** greater than 35lbs for one week
7. **YOU MAY** travel in an airplane, read, and watch T.V.
8. **YOU MAY** bend over to put on shoes, socks, or pick up things
9. **YOU MAY** sleep in any position.
10. Your vision may be good enough to drive as soon as the day after surgery. Ask your surgeon if you are not sure.
11. Please refrain from any vigorous physical activity that might increase your chances of falling and hitting your “operated” eye (such as skiing, skating, tennis, etc.) for **1 WEEK**. It is okay for you to take a walk or play golf as long as you are wearing eye protection. If you are unsure, please ask.
12. **Your vision will most likely be blurry the day of surgery and it may take several days for your vision to clear.** *If you are having both eyes done within a short period of time, you may notice one eye healing more quickly and thus seeing better at a faster rate.* This is not unusual. You may also need new glasses to improve your vision.
13. It is not unusual to experience watering, a foreign body or a scratchy sensation for the first few weeks after surgery as the eye heals. It will improve with time. While it is okay to use lubricant eye drops, i.e. “artificial tears”, please **do not begin using them until at least 1 week after surgery.**
14. For those patients who are on **Restasis or Xiidra or Cequa**: Please resume these drops AFTER surgical drops are gone, **2 times per day** until gone in the operated eye(s).

PLEASE CALL THE OFFICE AS SOON AS POSSIBLE if you experience sudden intense pain or a dramatic change of vision in the “operated” eye. If you call after hours, leave a message in our Emergency Voice Mailbox. If we do not call back within 30 minutes, then call 603-964-9192 and let the answering service know you have just had surgery. We are on call 24 hours a day and will call you back as soon as possible.

Anesthesia Discharge Instructions

You have received anesthesia to help you relax/sleep during your procedure. After anesthesia you may be sleepy and lightheaded for several hours.

Follow these instructions:

- Make sure a responsible person stays with you today, and overnight for your safety
- Do not drink alcohol, drive, or operate machinery for 24 hours
- Do not make any important decisions, or sign legal documents for 24 hours
- Avoid making purchases or doing business on the internet for 24 hours
- Go directly home, and rest quietly today
- Return to activities as directed by your surgeon
- Start your diet with liquids and light foods, and progress to a regular diet, if not nauseated
- Resume home medications, unless otherwise instructed by your surgeon
- Call your doctor if you experience prolonged vomiting, difficulty breathing, dusky skin color, excessive sleepiness, or any other concerns
- **Stop smoking.** No matter how long you have smoked, quitting now will help you breathe easier. Smoking has been linked to lung cancer, irritation, and damage to the lining of the lungs.
- Please call your doctor if you have any of the following:
 - Shortness of breath
 - Difficulty breathing
 - Exercise or activity intolerance
 - Swelling of the legs, feet, or abdomen
 - If you have a sudden weight gain of more than 3-4 pounds in 1-2 days