

Mark H. Kramar, M.D., F.A.C.S. Cataract Surgery Postoperative Instructions

1. The day of surgery

- Do not press or rub the eye.
- Sleep with the shield tonight.

2. The day after surgery – **“Bring the kit given to you at the surgery center back to the office for your appointment”**

- You can resume normal activities.
- Bending and lifting are OK as long as there is no discomfort.
- Showering or bathing are OK but avoid getting water in the eye.

3. Postoperative eye drops

- VIGAMOX** (Beige Top) 4 X a day for 3 days then 3 times a day.
- OMNIPRED** (Pink Top) 4 X a day for 3 days then 3 times a day. **SHAKE WELL**
- NEVANAC** (Grey Top) 4 X a day for 3 days then 3 times a day. **SHAKE WELL**
- Wait a few minutes between drops when applying them.



4. Normal postoperative symptoms

- Your eye may be red.
- Your vision may be blurred.
- Your pupil may be large and dilated.
- Your eye may feel scratchy, teary and light sensitive.
- You may see floaters or black spots.



5. Postoperative activity

- You may resume normal daily activities.
- You may resume vigorous aerobic exercise. You may golf.
- No swimming until the doctor gives permission.
- You may wear eye makeup 1 week after surgery.



6. Please call the office immediately if there is a serious problem. **(818) 990-3623**

Increased redness, pain, or swelling requires an immediate phone call or attention.