

Peter D. Zeegen, M.D., F.A.C.S. Postoperative Cataract Care Instructions

1. The day of surgery

- When you arrive home use your **VIGAMOX**, **NEVANAC**, and **OMNIPRED** drops. Use all 3 drops again every 2-3 hours or 4 times total. Last set of drops at bedtime. Wait 2 minutes between each drop and shake each bottle.
- Do not press or rub the eye.
- Sleep with the shield tonight.

2. The day after surgery – **“Bring all of your bottles of eye drops back to the office for your appointment”**

- You do not need to wear the shield any more except at bedtime for 2 nights.
- 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) 1 DROP 4 X a day for 10 days and then stop.
- OMNIPRED** (Pink Top) 1 DROP 4 X a day 1 month after surgery.
SHAKE WELL
- NEVANAC** (Grey Top) 1 DROP 4 X a day until the bottle is empty.
SHAKE WELL
- Wait a few minutes between each drop. **You may finish one bottle before another, that is OK. Just use each bottle until it’s finished.**



4. Normal postoperative complaints

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