



Discharge Instructions for Cataract Surgery

The following special tips will help you to protect your eye and make sure it heals properly. Please follow your doctor's advice while your eye is healing.

- While sleeping, do not sleep on the side that was operated on.**
- Let someone else do the driving while your eye is healing. (~ 1 week)**
- While bathing do not get any water or soap in your eyes. (1 week)**
- Kneel to pick things up. Bending over may add extra pressure on your healing eye. (2 – 4 weeks)**
- Do not rub or press on your healing eye. (1 month)**
- Ask for help when lifting heavy objects. This effort can put too much pressure on your healing eye. (2 – 4 weeks)**
- Use the special sunglasses given to you after the surgery. These will protect your eyes from the bright sunlight. (6 weeks)**
- Be sure to keep all of your follow up appointments with your doctor.**