

## **Drs. Grutzmacher, Lewis and Sierra**

### **Postoperative Instructions Following Cataract Surgery/Lens Implant**

1) \_\_\_\_\_: (beige colored lid, antibiotic drop) Use 1 drop in the operative eye 4 times a day for 1 week.

2) **PRED FORTE:** (magenta colored label with white lid) **SHAKE WELL** then use 1 drop in the operative eye 4 times a day for 3 weeks.

3) **OTHER:** \_\_\_\_\_

### **WAIT 5 MINUTES BETWEEN DROPS**

#### **SPECIAL INSTRUCTIONS:**

- **Do not rub your operative eye.**
- Discontinue using any glaucoma drops that were used in the operative eye prior to surgery. Continue to use all previous drop(s) in the non-operative eye.
- Do not bend your head below your heart level for 1 week. Use your knees for bending.
- Do not lift anything over 10 pounds for 1 week.
- Do not strain. If you suffer from constipation, use an over the counter stool softener of your preference.
- You may shower and wash your hair 1 day following surgery.

**EYE SHIELD:** Should be worn for 1 week or until your doctor advises you otherwise. Secure the eye shield with adhesive tape at bedtime or if you nap during the day. Remove the eye shield upon awakening and clean the eye shield with soapy water and let it air dry.

#### **WHAT TO EXPECT:**

- Mild discomfort
- Scratchy or gritty sensation
- Itching
- Fluctuation in vision
- Tearing

**If any of these symptoms increase or other symptoms arise call  
our office day or night (916) 649-1515**